

THE
Second Part
OF THE
Weeks Preparation
FOR THE
SACRAMENT.

Consisting

Of Soliloquies, Prayers, Hymns, Ejaculations, Thanksgiving and Examination, for *Sunday* Evening, (after the Celebration of the Holy Communion.)

As also for Morning and Evening on every Day of the Week following.

Together with Directions to Lead an Holy Life.

L O N D O N,

Printed for *Thomas Maltbus* at the *Sign*
in the *Poultry*. 1684.

My Son's New Book
1735

Let me follow
all the good works that
are set before me

It is not he that saith
good words that enter into
the kingdom of heaven but
he that doeth the will of my
father which is in heaven

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THE
PREFACE
TO THE
READER.

T *Here is no means more effectual for advancing Holiness than the worthy receiving of the Lords Supper, it plainly exhibiting before our eyes the immense Love of our Lord to lost, undone sinners, in that he Shed his Blood for faln mankind; which is the great Foundation of all our Religion; thereby also the worthy Communicant is mightily confirmed and strengthened in the Inner Man, tastes the sweetness of the love of God, and has his Soul solaced in the Embraces of Divine Love, his Spiritual Hunger satiated, his nakedness Clothed, his Poverty enriched. I say the worthy Communicant, for unless a Christian seriously set about a work of Self-Examination, to make a scrutiny into his by-past Life, that*
A *he*

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he may be duely affected with the sense of his great and hainous Iniquities, and come weary and heavy-laden, and Clothed with the Wedding Garment of Humility to the Marriage Feast of the Kings Son, all the Fruits of his Labour will be to have this answer in the great day of the Lord, Depart from me, I know you not, ye workers of Iniquity. This therefore should be the business of all serious Christians that they may not miscarry in a work of so great concern as this is.

Many Learned and Pious Pens have exercised themselves on this subject, to give Directions to People how to demean themselves before they approach to the Table of the Lord, how to search into their Souls to find out their Iniquities, make Confession thereof unto God, be heartily sorry for them, and beg his Pardon, that they may be no more in record before him, and how to prepare and fit themselves for Receiving their Lord into their Hearts. Among which none hath afforded greater assistance or hath been received with more general acceptation then the first part, it fully Informing the desirous Christian as to his Preparation thereto.

But notwithstanding all the helps to this great work, we see the Generality of Men and Women, after all their pains and labour in examining of themselves before it, and their Vows and Promises at the receiving of it, in
a short

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a short time apostatize to their old dead Frame. Where a serious Preparation is previous, this in a great measure is to be imputed to unstedfastness, and perfidiousness in the Holy Covenant.

It is therefore necessary, if thou wouldst endeavour that thy labour may not be in vain in the Lord, that those Vows and Promises may pierce deep into thy Soul, and make a lasting Impression, which may not be defaced by every Temptation, but may remain there managré all the endeavours of the Enemy of mans Salvation, and solicitations of the Flesh, to destroy it.

Without this your Preparation, and resigning your selves to God will be of no more avail, than it would be for one who, designing to apply himself to the study of some science, sets about it, and, when he is beginning to make some small Progress in it, quite lays it aside, and in a small time is as great a stranger to it as ever.

And therefore it is no less necessary to endeavour to settle your Souls in those holy Resolutions, and to use no less Diligence the week after you have received it, in order thereto, than you did in the week before in preparing for it. For otherwise you incur that Curse that is pronounced on him that putteth his hand to the Plough and looketh back again.

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That therefore thou mayest be assisted in this so necessary a work, this Second Part offers it self to thy perusal, Instructing the sincere Christian how to be Faithful in the Performance of his Solemn Vows and Promises which he hath Entred into. It consists of Prayers and Ejaculations for all the days of the Week, Divine Soliloquies after the manner of Psalms, and Hymns, which may be of great use to thy Soul in elevating it into Divine Speculations, that thou mayst mount up as it were on Eagles Wings; together with some few Questions to put thy Soul every night before thou goest to Bed, and some Directions how to Live a Godly Life.

If thou seriously peruse it thou wilt find it will prove of great advantage to the imprinting of the Divine Image on thy Soul, the settling and confirming thy Soul in the ways of Godliness, the weaning thy Heart from the Vanities of this Life and enflaming it with desires after that Life where there will be an uninterrupted Enjoyment of God for ever.

I-
A SECOND PART
TO THE
Weeks Preparation:

Or, A Weeks Devotion after Receiving
of the Holy Sacrament.

The Introduction.

EXcellent is that of St. Paul, 1 Cor.
10. 12. *Let him that standeth take heed lest he fall*; and which at all
times should be engraven on the
Heart of all sincere Christians; but
more especially when he is celebrating
the Holy Sacrament. For it may rea-
sonably be supposed that, *then especially*,
a Christian may be said to stand, or
be in a holy Frame, when he is made
partaker of this Great Christian
Feast, when he beholds his crucified Sa-
viour bleeding, as it were, on the Cross
for the sins of Mankind, even those who
were actually concerned in his Death.
He must needs in this case be as 'twere
ravish'd with a sense of the Infinite Love
of his Creator, who has provided such
a Feast of Fat things for him; ashamed
and confounded at his own Ingratitude
in grieving the Holy one of *Israel*, by
his sins and Iniquities formerly commit-

ted against him; looking up unto him whom he had pierced thereby, and mourning; hating and abhorring that which occasioned the enmity and distance betwixt God and him; admiring his folly, in that he formerly took so much pleasure in those things whereof he is now ashamed; resolving for the future never to have more to do with sin and Iniquity, but to hate it, abhor it, resist it, and set all the Powers of his Soul on work in Opposition to it. How low thoughts seems he now to have of Sin and Iniquity, and what strong Purposes and Resolutions against it? So that if any posselt with a Prophe-tick Spirit, should lay before him some of those heinous sins, which afterward he will fall into, his answer would be the same with that of the Assyrian's to the Prophet. *Elias, Am I Dog, that I should do such a thing? Shall I who have experienced so much of the Love of God, thus cast his Love behind my back, and trample under foot the Blood of the Everlasting Covenant?*

But notwithstanding all these good purposes and Resolutions, how quickly do the greatest part of Communicants return to their old Temper? And how like are all their good Intentions to the
Morning

Morning dew ? No sooner is the Sacrament over but they betake themselves afresh to their old course of Life; their Love to God becomes as Lukewarm as ever, their Hearts as destitute of the Fear of God, their thoughts as Worldly, Carnal, and sinful as ever, their words as unsavory, their Conversation as lewd as ever before.

I need not be at much trouble for the proof of this; for I doubt not but the greatest part of them, into whose hands these may come will, to their sad experience, assent to the Truth thereof. And therefore I shall briefly hint at some of the special causes thereof, to the end that when you again go about this solemn duty, you may beware of them, and may for the future make more Conscience in going about it, not onely in preparing your selves for entertaining the Bridegroom of your Souls, but also in labouring to retain him when entertained.

The First cause of this sad Apostacy is that evil one, who as he is an obstinate hater of God, so he is of his Image. He is the great Adversary of Mans Salvation. He cannot endure to see lost Man seeking after the means of his Recovery, and Salvation by Jesus Christ. Now this
Blessed

Blessed Sacrament is one of the most excellent means for attaining thereof: And therefore Satan uses all his craft and subtlety, either to keep men off from participating in this Blessed Sacrament, or to keep them at least from reaping any advantage thereby, by hindring them from a due Examination of themselves before it, or from that due Resignation of themselves, or their lusts in it; or by tempting them to a neglect of the means that are necessary for the keeping of their hearts in a due frame towards God. And hence it is that our Blessed Saviour, after that he had dispensed this Sacrament to his Disciples, gave them this exhortation, *Watch and pray that ye enter not into Temptation; the Spirit indeed is willing, but the Flesh is weak.*

A Second cause is, the hankering that is in most to some beloved Lust. Many would willingly come to Christ and partake of his Benefits, but they cannot endure to do such violence to the flesh as the Gospel requires; they would part with a great many grosser Enormities, but they have always a regard to some particular beloved Lust, and are ready to say with *Naaman*, *the Lord pardon me in this.* But such would do well
to

to remember the words of our Lord, *Ye cannot serve God and Mammon.* God will either have the Heart wholly and entirely resigned, or he will have none of it. Where this Temper prevails, all is marred, and the Soul that is thus, can neither be faithful in seriously examining it self, nor will it afterwards be steadfast in its Vows and Resolutions, but upon the least Temptation will step aside. And hence it comes to pass that, according to the Words of St. Paul, *Many are weak and sickly, and many sleep.*

A Third cause may be our leaning too much to our own strength in our Vows and Promises we make to God therein; and therefore God in his Justice may suffer us to be led aside by some Temptation or other, to the end that we may be made sensible of our weakness and insufficiency to perform the least good action, and so may depend more upon God, and make more frequent and earnest Addresses to the Throne of his Grace, that he may enable us according to the Power of his might both to will and to do. Several other causes might be named, but if a Christian make it the business of his Soul to prevent these, he may in the end have cause to rejoice, and at last find that his labour is not in vain in the Lord.

First

First therefore, Make it your great work to trace out the manifold stratagems of the Devil, that he makes use of to divert you from setting about Godliness in earnest, and to raise in you Prejudices against Holiness. They are not a few, and may easily be found out by a watchful Christian, by their opposition to the Dictates of true Religion. When you find such motions in you, quell them, and betake your selves to earnest supplication, that God may furnish you with all Spiritual Armour: that ye may be able to resist all the fiery darts of the Devil.

Secondly, Be sure that in resigning your selves to God, ye have respect to no Particular Idol in your hearts, but make a full and entire Resignation of your selves to him: That henceforth ye may no longer follow the dictates of the flesh, no longer have a respect to any sin, but an universal hatred and detestation of all sin, and renunciation of it, tho never so dear to you.

Thirdly, Let all your Vows and promises be made in his strength, and withal humbly pray to him, that he may give you grace to continue faithful in your Vows. Use all Diligence to work out your Salvation, continuing instant in the duties of Religion; and as ye find your
Souls

Souls to grow dull in one duty apply your selves to another, that so by changing your duties your Souls may be kept lively and vigorous, and may not weary, which they would be ready to do if ye kept constantly at one.

But in regard that insisting much in Directions is not so prevalent with People, as setting down several Forms of Religious Duties, this Manual shall manily consist of these; not forgetting in the mean while some necessary Directions for the keeping up a Course of Godliness in your Souls.

I shall begin at the receiving of the Bread (the Preparation thereto, being sufficiently set down in the Weeks Preparation to the Sacrament, to which I refer the Reader for that part.)

First therefore after your receiving the Bread use some short Ejaculation thus.

O Blessed Jesus, who hast given thy precious Body for the Food of my Soul, I humbly dedicate to thee, my Body and Soul with all the Members, Faculties and actions thereof. Do thou make them fit for thy service. Give me an understanding to know thee, Wisdom of Serpents, Innocency of Doves, sincerity of
Heart,

Heart, Zeal and perfect Repentance. Give me Eyes to see thee, an Ear to hear thee, a Hand to touch thee, a Mouth to confess thee, an Arm to embrace thee, Feet to follow thee, and a Heart to entertain thee; that as I have hitherto given my Members to sin and uncleanness, so I may henceforth walk in Righteousness and Holiness before thee, all the days of Life. *Amen.*

When the Holy Cup is offered joyn heartily with the Minister when he blessing it; saying *Amen* thereto.

After the receiving of it, say thus; Blessed be the name of our Gracious God; Blessing, Glory Praise and Honour, Love and Obedience Dominion and Thanksgiving be to him that sitteth on the Throne, and to the Lamb for ever and ever.

Sunday

Sunday Evening.

A Prayer after Receiving the Holy Sacrament.

O Jesus, the Son of God, my Lord and Saviour, with all humble and hearty thanks I praise thee for suffering Death upon the Cross for my Sins, and admitting me a miserable Sinner to the participation of this Blessed Sacrament, the Memorial of my Redemption. Let me, O Lord, find and feel in my Heart the invisible Power of thy Heavenly Grace, effectually transforming my Soul into thy Image, uniting it to thee, that thou mayest make thy abode with me.

Apply all thy Merits to my Soul. Let me never doubt the forgiveness of my sins, but ever open the door of this Sanctuary to me, that I may run thither in my greatest need, and apprehend thy gracious Pardon ratified by this Seal of thy Covenant.

Quicken me, O Lord, in this life, revive and renew me, that I may disclaim my old conversation, and become a new man. Keep me that I slip not out of this

B Building,

Building, nor become as a Branch cut off, and good for nothing; but as thou hast severed me from the wicked, in calling me to the knowledge of thee, so keep me from all their corruptions. Give me a perfect love towards thee, that I may not delight in any thing but thee, nor seek any other honour but thine.

O Lord Jesus, I beseech thee, let thy Holy Spirit strengthen me against my frailty, thy power and strength defend me against worldly troubles and adversities, thy merits purchase my needful Pardon, and thy Blood be the Medicine for all my sores, even for thy Names sake. *Amen.*

As the Lord has been gracious to thee at this time, so do thou likewise shew thy Gratitude therefore; and as he hath plentifully bestowed on thee his choicest Mercies, let not thy hand be slack in distributing to supply the necessities of the Poor and Indigent, according to the utmost of thy ability, knowing that he that sows sparingly, shall reap sparingly, and he that sows plentifully, shall reap plentifully.

Let it not be enough to thee that thou hast tasted of the Goodness of God thyself, but let it be thy great desire that the

the same Goodness may be communicated to all others, that the Kingdom of our Lord may come in the World, and that all Nations may acknowledge him for their Lord and Saviour; which thou mayest do in the following words.

O Most merciful and gracious God, Father of our Lord Jesus Christ, the Lord of Glory; thou hast shewed Infinite Love to the Souls of Men, and hast given thy only Son to die for our Salvation, to redeem us from sin, to destroy the works of the Devil, and to present to thee a Church spotless and undefiled; relying upon thy Goodness, trusting in thy Promises, and having received my dearest Lord into my Soul, I humbly present unto thy Majesty the glorious Sacrifice, which our dearest Lord made of himself upon the Cross, and by a never ceasing Intercession now exhibits to thee in Heaven in the Office of an Eternal Priesthood, in behalf of all that have communicated this day in the Divine Mysteries in all the Congregations of the Christian World, and in behalf of all them that desire to communicate, and are hindered by sickness or necessity, by fear or scruple, by censures Ecclesiastical, or the Sentence of their own Consciences.

Give unto me, O God, and unto them, a share in all the good Prayers that are made in Heaven and Earth; the Intercession of our Lord, and the Supplications of all thy Servants; and unite us in the Bands of a common Faith, and a Holy Charity, that no Interests or Partialities, no Sects or Opinions, may keep us any longer in Darkness or Division.

Let the Kingdom of our Lord be advanced in the World. Bring in those who are far off. Enlighten the dark Corners of the Earth with the Saving Knowledge of thee and thy Son Jesus Christ. Bring in thy Ancient People the Jews; take off the scales of Ignorance and Prejudice from their Eyes, that they may look upon him whom they have pierced and mourn; that they may acknowledge him for their Lord and Saviour, and be made a willing People to him in the day of thy Power. Make up the Fulness of the Gentiles, that as there is one Shepherd, there may be one Sheepfold; and thy Glory may have her Habitation in the World. Purge the Assemblies of those who are called by thy Name, from all Idolatry, Superstition, Heresie and Schism, that they all may be one as thou art one. Purge them from all sin and iniquity, that they may be
Holy

Holy as thou art Holy, and may walk worthy of that Holy Vocation wherewith they are called.

Give thy Blessings to all Christian Kings and Princes, all Republicks, and Christian Governments; in a special manner to thy Anointed over these Kingdoms, His Consort and Royal Relations; grant unto them the Spirit of Mercy and Justice, Prudence and Diligence, the Favour of God, and the Love of their People, and Grace and Blessing, that they may live at Peace with thee, and with one another; remembering the Command of their Lord and King our Blessed Saviour Jesus Christ.

Give an Apostolical Spirit to all Ecclesiastical Prelates and Priests; grant unto them Zeal of Souls, Wisdom to conduct their Charges, Purity to become Exemplar, that their Labours and their Lives may greatly promote the Kingdom of the Lord Jesus. O grant unto thy Flock to be fed with Wise and Holy Shepherds, men fearing God, and hating Covetousness; free from Envy, and full of Charity; that being burning and shining Lights, men beholding their Light, may rejoyce in that Light, and glorifie thee our Father which art in Heaven.

Have mercy upon all states of Men and Women in the Christian Church, Governours and Governed, Rich and Poor, High and Low ; grant unto every one of them in their several stations, to live with so much Purity and Faith, Simplicity and Charity, Justice and Perfection, that thy Will may be done in Earth as it is in Heaven.

Visit all that are afflicted. Relieve the Oppressed and the Poor ; comfort and support the Sick ; heal the broken in Mind ; restore those that are fallen ; and restore unto them the Joy of thy Salvation.

Give thy Grace speedily to all wicked persons, that they may repent and live well, and be saved : To all good People give an encrease of Gifts and Holiness, and the Grace of Perseverance and Christian Perfection. To all Hereticks and Schismatics, grant the Spirit of Humility and Truth, Charity and Obedience, and suffer none upon whom the Name of Christ is called, to throw themselves away, and to fall into the Pit of intolerable burnings.

Finally, For all Mankind whom I have, and whom I have not remembred, I humbly represent the Sacrifice of thy Eternal Son, his Mercies and Obedience,
his

his Life and Death, his Resurrection and Ascension, his Charity and Intercession; praying to thee in the vertue of our glorious Saviour, to grant unto us all the graces of an Excellent and Perfect Repentance, an Irreconcilable Hatred of all sin, a great Love of God; an exact Imitation of the Holiness of the ever Blessed Jesus, the Spirit of Devotion, a conformable Will, and religious Affections, an Angelical Purity, and a Seraphick Love, thankful Hearts, and Joy in God; and let all things happen to us all in that order and disposition, as may promote thy Glory, and our greatest Duty, our likeness to Christ, and the Honour of his Kingdom. Even so Father, let it be; bring it to a real and unalterable Event by the Miracles of Grace and Mercy, and by the Blood of the Everlasting Covenant poured forth in the day of the Lords Love, whom I adore, and whom I love, and desire that I may still more and more love, and love for ever. *Amen.*

Soliloquy.

R Aise thy head, O my soul! and look up; and behold the glory of thy crucified Saviour.

B 4

He

He that was dead and laid in the grave, low enough to prove himself Man,
Is risen again and ascended into heaven, high enough to prove himself God.

He is risen, and made the light his Garment; and commanded the Clouds to be the Chariot of his triumph.

The gates of Heaven obey'd their Lord; and the everlasting doors opened to the King of Glory.

Enter bright King, attended with thy beauteous Angels and the glad Train of thy new delivered Captives:

Enter and repossess thy ancient Throne and reign eternally at the right hand of thy Father.

May every knee bow low at thy exalted Name; and every tongue confess thy glory.

May all created nature adore thy Power; and the Church of thy redeemed exult in thy goodness.

Whom have I in heaven O Lord, but Thee; who expressly wentest thither to make way for thy followers?

What have I on earth but my hope, by following Thee, to arrive at last where Thou art gone before me?

O glorious J E S U S, my Strength, my Joy; and the immortal life of all our souls!

Be

Be thou the principal subject of my studies ; and daily entertainment of my most serious thoughts.

Draw me O dearest Lord, from the world and self ; that I be not entangled with any earthly desires.

Draw me after Thee, and the odours of thy sweetness ; that I may run with delight the ways of thy Commands.

Draw me up to Thee on thy Throne of bliss ; that I may see thy face, and rejoyce with Thee for ever in thy Kingdom.

H Y M N I.

W*H*Y do we seek felicity,
Where 'tis not to be found;
And not, dear Lord, look up to Thee,
Where all delights abound ?
Why do we seek for Treasure here,
On this false barren Sand,
Where nought but empty shells appear,
And marks of Shipwrack stand ?

O World, how little do thy joys
Concern a Soul that knows
It self not made for such low toys,
As thy poor hand bestows !

How cross art thou to that design,
For which we had our birth !
Us, who were made in Heav'n to shine,
Thou bow'st down to thy Earth.

*Nay, to thy Hell ; for thither sink
 All that to thee submit :
 Thou strew'st some flowers on the brink,
 To drown us in the Pit.*

*World, take away thy Tinsel wares,
 That dazle here our Eyes ;
 Let us go up above the Stars,
 Where all our Treasure lies.*

*The way we know ; our dearest Lord
 Himself is gone before,
 And has engag'd his faithful word,
 To open us the Door.*

*But, O my God ! reach down thy hand,
 And take us up to Thee ;
 That we about thy Throne may stand,
 And all thy glories see.*

*All glory to the Sacred Three,
 One ever-living Lord ;
 As at the first, still may He be
 Belov'd, obey'd, ador'd. Amen.*

Soliloquy I I.

VWho will give me the wings of a
 Dove ; that I may fly away
 and be at rest ?

That

That I may fly away from the troubles of this life, and be at rest, Dear Lord, with Thee.

Here we, alas! are forc't to sigh, and bear with grief the burthen of our miseries :

Often we encounter chances that endanger us ; and divert our progress in the way to Bliss :

Often we are assaulted with temptations that overcome us ; and set us back in the accounts of Eternity.

How many times, O my Soul, have we plainly concluded that this Earth affords no real joy!

How many times have we fully agreed, that heaven alone is the place of happiness !

Yet do these false allurements again deceive us and steal away our hearts to dote upon folly :

Yet do inconstant we forget our resolves ; and wretchedly neglect our true felicity.

O thou victorious Conqueror of sin and death ! do thou assist us in this dangerous warfare :

O thou benign Refresher of distressed Spirits ! do thou relieve us in this tedious Pilgrimage.

Make us still thirst and sigh after
Thee ;

Thee; the living fountain of life-giving
streams:

Make us despise all other delights;
and set our affections entirely on thy
joys.

Since nothing, Lord, can satisfy our
souls but Thee; O let our souls seek no-
thing but Thee.

H Y MN. II.

Dear Jesus, when, when will it be,
That I no more shall break with thee!
When will this war of passions cease,
And let my Soul enjoy thy peace!

Here I repent, and sin again;
Now I revive, and now am slain:
Slain with the same unhappy Dart,
Which, O! too often wounds my heart.

When, dearest Lord, when shall I be
A Garden seal'd to all but Thee!
No more expos'd, no more undone;
But live and grow to Thee alone.

'Tis not, alas, on this low Earth,
That such pure flow'rs can find a birth:
Only they spring above the Skies,
Where none can live, till here he dies.

Then

Then let me die, that I may go (grow:
And well where those bright Lillies
Where those blest Plants of glory rise,
And make a safer Paradise.

No dangerous fruit, no tempting Eve,
No crafty Serpent to deceive;
But we like Gods indeed shall be,
O let me die, that life to see.

Thus says my Song; but does my heart
Joyn with the words, and sing its part?
Am I so thorow-wise to chuse
The other world, and this refuse?

Why should I not? what do I find
That fully here contents my mind?
What is this meat, and drink, and sleep,
That such poor things from Heav'n should
(keep?

What is this honour, or great place,
Or bag of mony, or fair face?
What's all the world; that thus we shou'd
Still long to dwell with flesh and blood?

Fear not my Soul, stand to the word;
Which thou hast sung to thy dear Lord:
Let but thy love be firm and true;
And with more heat thy wish renew.

O may this dying life make hast,
To die into true life at last:

No

*No hope have I to live before;
But then to live, and die no more.*

*Great ever-living God! to Thee,
In Essence One, in Persons Three,
May all thy works their tribute bring,
And every Age thy glory sing. Amen.*

A Prayer to be said before going to Bed.

MY God, most gracious Father, who hast this day given me the Pledges of my Salvation and the Earnest of eternal life; My God, who hast fed me with the Body and Bloud of thy Son, and hast quickened me with the merit of his obedience applied to my heart through Faith. I am full with thy bounty; my soul is satisfied as with marrow and fatness, and my mouth praiseth thee with Joyful lips. My Soul hath been thirsty after thee as a thirsty *Land*, and thou hast made it a watered Garden, I have presented unto thee my bruised heart and thou hast made it whole with thy sweetest comforts. I came unto thee Poor, and Hungry after thy grace, and I return rich and full with the bread descended from heaven. O the treasures of thy mercy which passeth all understanding!

ing! Thou hast given me thy Son; Thou hast given me thine own self. The Lord is the portion of mine Inheritance, and of my Cup, thou maintainest my lot. The lines are fallen unto me in pleasant places, yea, I have a goodly heritage: Therefore my heart is glad, and my glory rejoiceth, my flesh also shall rest in hope.

O that I had the tongue of Angels to give thee glory in the highest, for the peace which thou makest on Earth, with the men honoured with thy good will! Let thy redeemed people glorifie thee. Let all thy works magnify thee. Let my Soul be delivered by thine eternal Compassions, comforted by thy love, & already blessed in heavenly places in the person of Christ my head, love thee, praise thee, magnify thee, and consecrate her self unto thee, who hast bestowed thy Son upon me. I heartily desire, O my God, to set up thy Kingdom in my heart, to subject all my affections and imaginations unto thee alone, to have no will but thy will, to know no interest but thy glory, to place all my felicity in walking before thee unto all pleasing.

But, O my God, I live yet in the flesh. The flesh is infirm, *Satan* is crafty and vigilant to seduce me. And the world
is

is contrary, whether it persecute me, or smile on me. My Zeal may take a flight to thee, but hath not the wing strong enough to keep me upon that height. And after I am raised up to Heaven, I am prone to fall down again to the ground. Wherefore O Lord, be pleased to sustain me with thy Vertue from above. And as after sending of thy Son, thou didst send thy Spirit to thy Church; so now after thou hast given me thy Son this day, O give me also the vertue of thy good Spirit.

Yea come, Holy Ghost, make my heart thy dwelling place. Sanctifie me to thy self; mortifie my sinful affections. Fill me with Faith, Charity, Meekness, and all Christian Vertues. Preserve me against the Seductions of the World. Endue me with strength against all the fiery darts of the wicked.

Be my Counsellor in my perplexities, my Comforter in my troubles, and my Guide in all my ways.

My God, who hast fed me this day in the hope of a better life, spiritual and eternal; give me grace to begin it already. O enable me to live in Earth as they live in Heaven, as much as my temporal condition is capable of it, advancing in thy Knowledge, loving thee, praising thee, and obeying thee with all my heart, with all my soul, with all my strength

strength, and with all my understanding. Suffer me not to love the World, nor the things that are in the World; but let my heart be where my treasure is.

And after I have fought the good Fight, and kept the Faith, be pleased to give me the Crown incorruptible of Life.

Let me finally possess to the full thy Beloved Son, that loved me, and gave himself for me. Let me once enjoy that fulness of Joy that lyeth in thy presence, and those Pleasures for ever more that are at thy Right hand; where I may find mine eternal delight in praising thee eternally, for thine Eternal Love in thy Son Jesus Christ.

To whom with thee and the Holy Ghost be glory for evermore. *Amen.*

Before thou goest to Bed sit down and reflect a little upon what hath past with thee all the day long; how thy heart was affected, whether in a lively, spiritual frame; or in a dull, lukewarm Temper: whether thou gainedst any ground on Satan, resistedst his wicked suggestions, and sufferedst no carnal thoughts to lodge in thy Soul; or whether he has laid all thy strong Resolutions flat on the ground, and has notwithstanding

standing all, entered again into thy Soul; if the former thou hast reason to rejoice and bless God for the assistance of his Spirit, and to beg, and hope, that he who hath assisted thee to day, may continue his Holy Spirit with thee all thy life long, to the praise of his rich Grace, and thy Everlasting good. If thou findest that thou hast reaped no advantage, sit down and humble thy self before God, mourn and weep bitterly, that that Ordinance that is of such excellent use to others, is of no avail at all to thee, but rather the favour of death unto death. Fall down on thy knees, saying thus:

O Lord, I confess that I am not worthy to appear before thee, or that thou shouldest look upon me, or have preserved me so long from the Pit of Destruction; I am still the worse under the use of those Ordinances, which prove such blessed Means to others, of building them up in the most holy Faith; how quickly do I run again to the commission of sin! how soon does Satan prevail over me! O give me to see aright the danger of my condition; affect my heart aright with grief under the sense of it; and be thou graciously pleased to deliver me from it. Help me thereby more to discover

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ver the deceitfulness of my heart, my spiritual weakness and insufficiency for any thing that is good or well pleasing in thy sight. Give me to be more instant at the Throne of thy Grace for grace and strength from above. Let not thy Ordinances prove to me of a deadning, hardning nature; but O, for thy Names sake, bring thou strength out of my weakness; and though I have forfeited thy mercies by my untender carriage, by my unstedfastness in thy ways, by my perfidiousness in thy Holy Covenant, yet do not thou cast me off; do not give me over to be buffeted by that Evil one; do not give me up to my own Reprobate Heart, but be thou graciously pleased to pardon me; to take this heart of stone from me, and give me a heart of flesh, and cause me to walk in thy ways, that I may yet have cause to praise thee; that I may yet be satisfied with the Beauty of thy Holiness in thy holy Temple, through Jesus Christ our Lord.

Amen.

But if thou findest thy Soul strengthened and confirmed in the ways of Holiness. thy Soul more enlightned with the Divine knowledge, more inflamed with Love to God, and hatred to sin, more weaned from the World and all the pleasures

pleasures thereof, more fixt upon Heaven; praise his Holy name for it, strengthen thy Resolutions, renew thy Promises to adhere to him, and pray for the continuance of his Grace, that he who hath begun a good work in thee may at last in his own good time bring it to perfection.

*As thou goest to Bed thou maist use this
short Ejaculation.*

O Lord as thou hast this day given me Grace to resign my Soul unto thee, so be thou graciously pleased to strengthen and confirm my weak resolutions, and to enable me to walk answerably thereto all the days of my life, that I may live with thee in the Regeneration here, and afterward be received into thy Kingdom. Guide and preserve me this Night from all evil; preserve my Soul in a Holy Frame; and grant that with my Soul I may desire thee in the night, and with my Spirit within me seek thee early, through Jesus Christ our Lord.

Monday

Monday Morning.

Ejaculation.

O Lord who hast graciously preserved me this night from all evil, continue thy goodness with me, and preserve me from all sin this day, assist me by thy Holy Spirit to the performance of what I have promised, and let me no more return to folly; that this day, and all the days of my Life, I may advance in the ways of Holiness, until at last I be ripened for glory, and received with that blessed Society to praise the Riches of thy grace through Jesus Christ our Lord. *Amen.*

H Y M N.

Wake now, my Soul, and humbly hear
 What thy mild Lord commands:
 Each word of his will charm thine ear;
 Each word will guide thy hands.

*Hark how his sweet and tender care,
 Complies with our weak minds:
 What e're our state and temper are,
 Still some fit work he finds.*

They

Monday Morning.

*They that are merry let them sing,
 And let the sad hearts pray:
 Let those still ply their cheerful wing;
 And these their sober way.*

*So mounts the early chirping Lark
 Still upward to the Skies:
 So sits the Turtle in the dark,
 Among her groans and cries.*

*And yet the Lark, and yet the Dove,
 Both sing, though several parts:
 And so should we, how e're we move
 With light or heavy hearts.*

*Orrather both should both assay,
 And their cross notes unite:
 Both grief and joy should sing and pray;
 Since both such hopes invite.*

*Hopes that all present sorrow heal,
 All present joy transcend:
 Hopes to possess, and taste, and feel
 Delights that never end.*

*All glory to the sacred Three,
 All honour, power and praise:
 As at the first, may ever be,
 Beyond the end of days. Amen.*

Soliloquy

Soliloquy III.

HAppy are they, O glorious Lord
who every where adore thy Pre-
sence:

Happy, who live on Earth as in the
sight of the King of Heaven; and every
moment say in their heart, Our God is
here:

Here in the center of our souls, to wit-
ness all our thoughts, and judge exactly
our most secret intents.

Though his Throne of State be esta-
blished above, and the splendors of his
glory shine only on the blessed:

Yet his unlimited Eye looks down to
this lower world, and beholds all the
ways of the Children of *Adam*.

If we go out, he marks our steps; and
when we retire, our Closet excludes not
him:

While we are alone, He minds our
contrivings; and the ends we aim at in
all our studies:

When we converse with others, He
observes our deportment; and the good
or ill we do them, or our selves:

In our devotions he notes our carriage;
and regards with what attention we recite
our pray'rs.

All

All the day long He considers how we spend our time ; and our darkest night conceals not our works from Him.

If we deceive our Neighbor, He spies the fraud ; and hears the least whisper of a slanderous tongue :

If we in secret oppress the Poor ; or by private alms relieve their wants :

If in our hearts we murmur at the Rich ; or live contented with our little portion :

What e're we do, He perfectly sees us ; where e're we are, he is sure to be with us.

Why, O thou Sovereign Lord of heaven ! why dost thou stoop thus low thy glorious Eye ?

What canst thou find that here deserves thy sight, among the trifles of our empty world ?

What canst thou find, alas, that should not fear thy sight, among the follies of our vicious lives ?

'Tis not thy self O Lord, thou seek'st to satisfy ; but all thy design is for our advantage.

Thou graciously standest by, to see us work, that thine awful Eye may quicken our diligence.

Thou art still at hand to relieve our wants, that so friendly a nearness may increase our confidence. Thou

Thou appearest still ready to punish my sins, that the shake of thy Rod may prevent my miseries.

Sure, O my God, thy favours must needs be sweet, since even thy threatenings have so much mercy.

Sure I must needs be worse than blind, if to the face of Heaven I dare be wicked.

Henceforth, O gracious Lord! as Children freely play in the indulgent presence of their tender Father:

So make me still, with humble boldness, rejoyce before Thee my merciful Creator.

And as new pardon'd Subjects justly fear the angry brow of their offended Prince:

So let my oft-forgiven soul continually tremble, to provoke the wrath of thy dread Majesty.

O temper thus my love with reverence; and thus allay my fear with hope.

Glory be, &c.

C

A Prayer.

A Prayer.

O Merciful Father, for Jesus Christ his sake, I beseech thee, forgive me all my known and secret sins, which in Thought, Word, or Deed, I have committed against thy Divine Majesty: and deliver me from all those Judgments which are due unto me for them, and sanctifie my heart with thy Holy Spirit, that I may henceforth lead a more Godly and Religious Life. And here, O Lord, I praise thy Holy Name, for that thou hast refreshed me this night with moderate sleep and rest: And I beseech thee to defend me this day from all perils and dangers of Body and Soul; and to this end I commend my self, and all my actions, unto thy blessed Protection and Government; beseeching thee, that whether I live or die, I may live and die to thy Glory, and the Salvation of my poor Soul, which thou hast bought with thy precious Blood. Bless me, O Lord, in my going out and coming in; and grant that whatsoever I shall think, speak, or take in hand

hand this day, may tend to the glory of thy Name, the good of others, and the comfort of my own Conscience, when I shall come to make up my last accounts before thee. O my God, help thy Servant, that I do no evil to any Man this day; and let it be thy blessed will not to suffer the Devil, nor any of his wicked Angels, nor any of his evil Members, to have power to do me any hurt or violence; but let the eye of thy Holy Providence watch over me for good, and not for evil, and command thy Holy Angels to pitch their Tents round about me for my defence and safety, in my going out and coming in as thou hast promised they shall do about them that fear thy name, through our Lord Jesus Christ. *Amen.*

Monday Evening.

A Prayer.

O Lord of Hosts, and God of strength and might, give me grace to be strong in thee, and in the Power of thy might: To put on the whole Armour of God, that I may be able to stand against the wiles of the Devil: For I wrestle not against Flesh and Blood, but against Principalities, against Powers, against the Rulers of the darkness of this World, against Spiritual wickedness in high Places: Wherefore give me Power and skill, to take unto me the whole Armour of God, that I may be able to withstand in the evil day, and having done all to stand. Enable me to stand therefore, having my Loyns girt about with Truth, and having on the Breastplate of Righteousness, and my feet shod with the Preparation of the Gospel of peace, above all, taking the shield of Faith, wherewith I shall be able to quench all the fiery darts of the wicked, and to take the Helmet of Salvation, and the Sword of the Spirit, which is, thy Word,

Word, O God, praying always to thee, with all Prayer and supplication, in the Spirit, and watching thereunto with all perseverance, and supplication for all Saints, and for the Ministers of thy Holy Word, that utterance may be given unto them, that they may open their mouths boldly to make known the mystery of the Gospel; for which they are Embassadors (and many times in bonds) that therein they may speak boldly, as they ought to speak, and be faithful Ministers in the Lord, by making known to us all things, and especially to comfort our Hearts; and let Peace be to the Brethren, and Love with Faith, from thee O God, the Father, and the Lord Jesus Christ; and let grace be with all them that Love our Lord Jesus Christ in sincerity. *Amen.*

Soliloquy.

LOrd, without Thee, what's all the world to us, but a flying dream of busie vanities?

It promises indeed a Paradise of bliss; but all it performs is an empty cloud.

Thine are the joys that shine fixt as the stars; and make the only solid Heaven.

Lord, without Thee, what are we to our selves, but the wretched causes of our own ruine ?

We, till thou gav'st us Being, were purely nothing ; more remov'd from happiness than the miserablest of thy creatures.

Now thou hast made us, we wholly depend on Thee, and perish immediately if thou forsake us.

Thou, without us, art the same all-glorious Essence, brim-full of thy own eternal felicity.

Without us, thy Royal Throne stands firm for ever, and all the Powers of Heaven obey thy pleasure.

Pity, O gracious Lord, our imperfect Nature, whose every circumstance is so contrary to Thine.

Thou dwellest above in the Mansions of Glory ; and we below in houses of Clay.

Thou art immortal, and thy day out-lives all time ; we every moment go downwards to our grave.

Thou art immense, and thy presence fills the Heavens ; but the greatest of us, alas, how little are we !

Two yards of Air contain us while we live ; and a few spans of Earth suffice us at our death.

When,

When, O my God, shall these distances meet together? when will these extremities embrace each other?

We know they once were miraculously joyn'd, in the Sacred Person of thy Eternal Son.

When the King of Heaven stoopt down to Earth, and grafted into his own Person the Nature of Man.

We hope they once again shall be happily united, in the blisful Vision of thy glorious Self.

When the Children of the Earth shall be exalted to Heaven, and made partakers of thy Divine Nature.

But are there no means for us here below? O thou infinitely high and glorious God!

Is there no way to approach towards Thee, and diminish, at least, this uncomfortable distance?

None but the way of holy love; which none can attain but by thy free gift.

Nor must we sinners dare to ask thou should'st love us, being infinitely unworthy to be called thy servants.

Rather let us humbly beg the grace we may love Thee, who art so many ways worthy of more than our hearts.

And yet, O dearest Lord, unless thou first love us, and sweetly draw us by thy gentle hand,

Never shall we be so happy as to love Thee ; nor ever happy unless we love Thee.

O bounteous God ! to all thy favours add this one, of making us esteem Thee above them all.

Be thou to us our God and a'l things ; and make us nothing in our own eyes.

Be thou our whole-everlasting delight ; and let nothing else be any thing to us :

HYMN.

Lord, who shall dwell above with Thee,
There on thy holy Hill ?
Who shall those glorious Prospects see,
That Heaven with gladness fill ?

Those happy Souls who prize that life
Above the bravest here :
Whose greatest hope, whose eag'rest strife,
Is once to settle there.

They use this world, but value That ;
That they supremely love :
They travel through this present state ;
But place their home above.

Lord !

Lord! who are they that thus chuse Thee,
But those Thou first didst chuse?
To whom Thou gav'st thy grace most free,
Thy grace not to refuse.

We of our selves can nothing do,
But all on Thee depend:
Thine is the work, and wages too;
Thine, both the way and end.

O make us still our work attend,
And we'll not doubt our pay:
We will not fear a blessed end,
If thou but guide our way.

Glory to Thee, O bounteous Lord!
Who giv'st to all things breath:
Glory to Thee, Eternal Word!
Who sav'st us by thy death:

Glory, O Blessed Spirit, to Thee
Who fill'st our hearts with love:
Glory to all the Mystick Three,
Who reign one God above. Amen;

Before thou goest to bed take an account of thy carriage this day and pose thy self with these following queries (which thou mayest also do every evening in the week.)

Have I had a higher esteem for God

to day than formerly? Has my Soul been breathing and panting after him? Have I set him before me in all my Conversation? Have I hazarded upon nothing that is displeasing in his sight?

Has the World had less place in my heart to day? Has my Soul been more intent on Heaven? Have I got further victory over my corrupt Lusts and affections to day? Is my Soul further transformed into the Image of God? Are his ways more pleasant unto my Soul? With several other Questions which thou mayest add thy self. As thou goes to Bed use this Ejaculation.

Ejaculation.

O Lord my best performances are infinitely short of what they should be; in all that I do sin is present with me more or less. Be thou graciously pleased so to mortifie it in my Soul, that its sting and strength may be done away, and that I may serve thee in Spirit and truth, without Interruption, through Jesus Christ our Lord.

Tuesday

Tuesday Morning.

Ejaculation.

Lord, as thy mercies do surround me,
 so grant that my returns of duty
 may abound; and let this day manifest
 my gratitude, by setting forth all my
 Powers to serve thee.

H Y M N.

Come let's adore the gracious hand,
 That brought us to this light :
 That gave his Angels strict Command
 To be our Guard this night.

When we laid down our weary head,
 And sleep seal'd up our eye :
 They stood and watcht about our bed ;
 To let no harm come nigh.

Now we are up, they still go on,
 And guide us through the day :
 They never leave their Charge alone ;
 What e're besets our way.

And,

*And, O my Soul, how many snares
Lye spread before our feet !
In all our joys, in all our cares,
Some danger still we meet.*

*Sometimes the sin does us o're take,
And on our weakness win :
Sometimes our selves our ruine make ;
And we o'retake the sin.*

*O save us, Lord, from all those darts,
That seek our souls to slay ;
Save us from us, and our false hearts ;
Lest we our selves betray.*

*Save us, O Lord ; to Thee we cry,
From whom all blessings spring :
We on thy grace alone rely ;
Alone thy glory sing.*

*Glory to Thee, Eternal Lord ;
Thrice blessed three in one !
Thy name at all times be ador'd,
Till time it self be done. Amen.*

Soliloquy.

Not unto me O Lord, not unto me ;
but to thine own blest Name give
all the glory. When

When I have apply'd my utmost cares, and us'd all the diligence that lies in my power :

What can I do, but look up to Thee ; and second my endeavours with prayers for thy blessing ?

When I have implor'd thy gracious mercy ; and offer'd thee my dearest Sacrifice to obtain it ;

What can I do, but submit my hopes ; and expect the event from thy free goodness ?

I know, and thou thy self hast taught me ; unless thou defendest the City, the Guard watches in vain.

I know, and my own experience tells me ; unless thou reach forth thy hand, I am presently in danger of sinking.

Every moment of my day subsists by Thee ; and every step I take moves by thy strength.

If thou deny'st, who can compel thy will ; or call in question thy decrees ?

Are we not all thy Creatures, O gracious God ! and as helpless Children, hanging at the breast of thy Providence ?

Are we not all as clay in thy hands ; to frame us into vessels of what use thou pleasest ?

Behold I confess, O Lord, in thee I live ; in thee I move and have my being.

All

All my sufficiency proceeds from thee; and all my success depends on thy favour.

Others may tell me the way I should go; but thou alone canst enable me to walk.

Others may tell me the way; but even they must first be taught by thee.

They must be mov'd by thee to act that charity; and so all at last is resolved into thee.

Should I presume, O Lord, to divide thy grace; and proudly challenge any share to my self:

Thy mighty truth stands up against me; and my own infirmities plainly confute me.

Should'st thou severely examine my heart; and ask who works all actions therein;

Sure I must needs bow down my head; & from my low dust humbly say:

Nothing am I, O Lord, but what thou hast made me; nothing have I, but what thou hast given me:

Only my sins are intirely my own; which O may thy grace extinguish for ever;

O may all self-presumption die in me; and my whole confidence live only in thee.

May

May even my frailties make me more strong; and my being nothing teach me to be humble.

So shall thy power, O God, be magnified in my weakness; and thy mercy triumph in relief of our misery.

A Prayer.

O God, who art Rich in Mercy, who (for thy great Love thou barest to me, even when dead in sins) hast quickened me together with Christ; for I confess I was dead in trespasses, and sins, where in times past I walked according to the course of this World, according to the Prince of the Power of the Air, the Spirit that now worketh in the Children of disobedience, among whom I also had my Conversation in times past, in the Lusts of my Flesh, fulfilling the desires of the Flesh and of the mind, and was by nature a Child of Wrath even as others. But by Grace I am saved, and thou hast raised me and made me sit in Heavenly places, in Christ Jesus; grant that in time to come, I may shew the exceeding Riches of thy Grace, and thy kindness towards me, through Christ Jesus; for by Grace I am saved, through Faith, and that not of my self:
it

it is thy gift, O God; not of works, lest I should boast, for I am thy workmanship, created in Christ Jesus unto good works, which thou, O God, hast before ordained, that I should walk in them; wherefore enable me, to remember that I being in time past a Gentile in the flesh, who was called uncircumcision by that which was called the Circumcision in the flesh, made by hands; that at that time I was without Christ, being an Alien from the Common-wealth of *Israel*, and a stranger from the Covenants of promise, having no hope, and without God in the World; but now in Christ Jesus, I who sometimes was far off, am made nigh, by the Blood of Christ. For he is my peace, who hath made both one, and hath broken down the middle-wall of Partition between us, having abolished in his flesh, the enmity, even the Law of Commandments, contained in Ordinances, for to make in himself of twain, one New Man, so making peace, and that he might reconcile both unto thee, O God, in one Body by the Cross, having slain the enmity thereby; and came and preached peace to me, which was afar off, and to them, that were nigh; for through him we both have an access by one Spirit unto thee, O Father: Now
therefore

therefore let me be no more a stranger, but a fellow Citizen with the Saints, and of thy Household O God, and be built upon the Foundation of the Apostles and Prophets, Jesus Christ himself being the chief Corner stone, in whom all the building fitly framed together, groweth unto an Holy Temple in thee, O Lord, in whom let me also be build-ed together for an Habitation of thee, O God, through the Spirit. *Amen.*

Tuesday Evening.

A Prayer.

A Lmighty God and merciful Father, who teachest me by thine Apostle, that mercy rejoyceth against Judgment; I praise and Glorifie thee with all mine affections, that thou makest me find in my Conscience, the exposition of that Holy Doctrine, for when I consider the general Condemnation of the wicked World, living in natural Enmity against thee, and that my self being born in that Condemnation, nevertheless it pleaseth thee to speak peace to my Soul, and seal in my heart the Remission of my sins by

a lively Faith, I am rapt up with an Holy admiration, and deeply touched with humility, Joy, gratefulness, and Love, looking with bowed head, and fixt eyes into the depths of thy mercy. O what depth of mercy is it, that thou great God of Infinite Majesty and Power, hast given thine own Son to redeem thine Enemies! that thine Eternal Son hath taken my flesh, to give me thy Spirit; that he hath suffered Death to give me Life; that he hath born the weight of thy Wrath, to give me thy Peace. That whereas I was by Nature a Child of Wrath, I am adopted now into the Rights of thy Children! Father of mercies, O that I might know thy mercy enough, to love thee enough! O God of my Lord Jesus Christ, the Father of glory, *Give me the Spirit of Wisdom and Revelation in the knowledge of him*: The Eyes of my understanding being enlightened, that I may know what is the hope of thy calling, and what the riches of the glory of thine Inheritance in the Saints, and what is the exceeding greatness of thy power towards us who believe according to the working of thy mighty power, which thou hast wrought in Christ. O Christ, the great and only Mediator of my Peace with thy Father, how shall I ever sufficiently

sufficiently comprehend the excellency of thy Love, and the greatness of thy Benefits ! I am naturally defiled with iniquity, but thou hast washt me in thy Blood. My sins are a heavy Burden, but thou hast born them upon thy own shoulders. I am guilty before the Judicial Throne of thy Father, but I am acquitted by thine Intercession. I am unrighteous, but thou hast covered me with thy Merit. Who shall lay any thing to my charge, since Christ justifieth me ? And how canst thou condemn me, if the Righteousness of Christ be upon me ? My God, I am so far from expecting Condemnation for my sins, that I expect Recompence for the Righteousness of thy Son, now mine own ? and no less Recompence I expect than the Kingdom of Heaven, for no Recompence is too great for the Merit of Jesus Christ, which is mine.

That Harvest, by thy Grace, is sure to me, I trust, but tis yet in the Blade. Yet I feel the Ear shooting forth within me by thy Peace which passeth all understanding, whereby I am made certain that thou art my Father that Jesus Christ is my Saviour, that thy Kingdom is mine Inheritance.

But because sin liveth still in me, and
the

the Flesh, is stubborn, the World setting upon me, now with Seductions, now with open Hostility, and *Satans* continual work is to trouble the Peace of thy Children, by casting new guilt upon their conscience; I beseech thee; O great Prince of Peace, to come thy self, and take in thy hands the Reins of mine Affections, keeping them in Obedience, under the Empire of thy Spirit; that being ever ruled by him I may never break peace with thee by any Rebellion: That being Justified by Faith I may be sanctified by the same: That my Peace being made with thee by the Merit of my Saviour I may hate sin, which is the discord and hostility against thee, bringing Trouble to the Conscience, and setting the Soul at variance with her self. Let Righteousness and peace kiss each other in my Soul; let thy Peace in my heart bring forth that right use declared by thy word, that thou wilt speak Peace unto thy People, and to thy Saints, that they may turn no more unto folly do; this, O God of Peace, for the Love of thy Son our Peace-maker. To whom with thee, and thy Holy Spirit, that sealeth thy Peace in our hearts, be Glory for ever-more, *Amen.*

Soliloquy

Soliloquy.

STill let me sing the mercies of my God ; and hold and shake a little longer this sweet key.

When I alas! lay buried in the abyss of nothing ; his own free goodness first called me into Being.

He fashioned my limbs in my mothers womb ; and filled my Nurses brest with milk.

He enlarged my little steps when I began to go ; and carefully preserved my helpless infancy :

Commanding even his Angels to bear me in their hands ; lest I dash my feet against a stone.

How many dangers have I happily escap't ; and not one of them but was governed by his Providence !

How many blessings do I daily receive ; and not one of them but proceeds from his bounty !

He provided Tutors to instruct my youth ; and plant in my tender mind the seeds of vertue.

He appointed Pastors to feed my Soul ; and safely guide it in the ways of Bliss.

He founded his Church on an immovable Rock ; to render our Faith firm and secure.

He

He seal'd his love with Sacraments of grace ; to breed and nourish in the life of charity.

All this thou hast done, O merciful Lord ! the wise Disposer of Heaven and Earth.

All this thou hast done, and still goest on, by infinite ways to gain me to thy love.

Thou command'st me to ask, and promistest to grant ; thou invitest me to seek, and assur'st me to find.

Thou vouchsafest even thy self to stand at the dore and knock, and if I open, thou entrest and fillest my heart with joy.

If I forget thee, thou renewest afresh my memory ; if I fly from thee, thou still findest some means to recal me.

If I defer my amendment, thou patiently stayest for me ; and when I return, thou openest thy arms to imbrace me.

Surely, O my God ! from all eternity Thou hast cast thy gracious eye upon me.

Surely thy merciful hand has signed my lot ; and mark't me out for thy everlasting favours.

I know thy ways are in the deep abyss and none can sound the bottom of thy counsels :

Yet may I safely look on the flowing streams ;

streams; and gather this comfort from
their gentle course.

When I was not, thou freely lovedst
me; Thou wilt not forsake me now I strive
to love Thee :

When I had lost my way, thou sought-
est after me ; thou wilt not refuse me,
now I seek after thee.

Lord, all I have is deriv'd from thee ;
and all I expect can come from none
but thy self.

Accomplish thine own blest purpose in
me ; and finish these happy beginnings
towards me :

For my hopes are great, thou hast cho-
sen me to thy glory: since already thou so
kindly hast dispos'd me by thy grace.

H Y M N.

Fain would my thoughts fly up to Thee,
Thy peace sweet Lord to find :
But when I offer, still the world
Lays clogs upon my mind.

*Sometimes I climb a little way,
And thence look down below :
How nothing, there, do all things seem,
That here make such a show !*

Then

*Then round about I turn my eyes,
To feast my hungry sight :
I meet with Heaven in every thing ;
In every thing delight.*

*I see thy Wisdom ruling all ;
And it with joy admire :
I see my self among such hopes,
As set my heart on fire.*

*When I have thus triumph'd a while,
And think to build my nest :
Some cross conceits come fluttering by,
And interrupt my rest.*

*Then to the Earth again I fall,
And from my low dust cry ;
'Twas not in my wing, Lord, but thine,
That I got up so high.*

*And now, my God, whether I rise,
Or still ly down in dust :
Both I submit to thy blest will ;
In both on Thee I trust.*

*Guide thou my way , who art thy self
My everlasting End :
That every step, or swift, or slow,
Still to thy self may tend.*

Tuesday Evening.

57

*To Father, Son, and Holy Ghost,
One Consubstantial three,
All highest praise, all humblest thanks,
Now, and for ever be. Amen.*

Ejaculation.

O Lord let my Soul continually look up unto thee ; guide and keep me in all my ways from sin and Iniquity, and so replenish my heart with love to thee, that nothing may be able to take off my Soul there from. I bless thee for the Mercies of this day ? Preserve me throughout this night from all sin, and let my Reins instruct me in the night seasons, and my Soul be kept in a holy Frame through Jesus Christ our Lord. *Amen.*

Wednesday Morning.

Ejaculation.

O Lord deliver me from the corruption of my own heart, that so when I die this corruptible may put on incorruption ; let me this day do something that may add to my comfortable departure out of this Life. *Amen.*

D

HYMN.

H Y M N.

O Pen thine eyes, my Soul, and see
 Once more the light returns to thee :
 Look round about, and chuse the way
 Thou mean'st to travel o're to day.

Think on the dangers thou may'st meet,
 And always watch thy sliding feet :
 Think where thou once hast faln before;
 And mark the place, and fall no more.

Think on the helps thy God bestows ;
 And cast to steer thy life by those :
 Think on the sweets thy soul did feel,
 When thou didst well, and do so still.

Think on the pains that shall torment
 These stubborn sins that ne're repent :
 Think on the joys which wait above,
 To crown the head of holy love.

Think what at last will be thy part,
 If thou go'st on where now thou art :
 See life and death set thee to chuse ;
 One thou must take, and one refuse.

O my dear Lord, guide thou my course,
 And draw me on with thy sweet force :

Still

Wednesday Morning.

59

*Still make me walk, still make me tend,
By thee my way, to thee my end.*

*All glory to the sacred three,
One undivided Deity.*

*As it has been in ages gone,
May now, and ever, still be done. Amen.*

Soliloquy.

Come now, my soul, and chuse ;
for life and death are set before
thee.

Chuse while thy gracious Lord allows
thee day ; lest the night of darkness over-
take thy neglect.

Chuse, but remember thy eternity is
concerned ; and examine well ere thou
makest thy resolve.

Call all the pleasures of the world be-
fore thee ; and ask if any of them be worth
such pains.

Ask if to satisfy some irregular passion
can recompence the forfeiture of such fe-
licities :

Ask if the vain forbidden things thou
lovest deserve thy affection better than
thy Maker.

Are they more worthy in themselves,
or beneficial to Thee ; that thou canst

prefer them before thy Redeemer?

Dost thou expect to be quiet by enjoying them? or everlastingly happy by their procurement?

Will they protect thee at the hour of thy death? or plead thy cause at the day of Judgment?

O no; they but deceive me with a smiling look; which I too often have proved by dear experience.

'Tis Heaven alone that yields a true content; 'tis Heaven alone that fills us with delight.

Take then away your flatteries, false world; and leave me free for better thoughts.

Turn thou thy face to me, dear JESUS; and keep mine eye still turned towards thee:

That I may look continually on thy glorious beauties; and be ravish'd for ever with the charms of thy sweetness.

'Tis thee, chaste Spouse of Souls, 'tis thee alone I chuse; and dedicate my self intirely to thy service.

Thou art my sole and absolute Lord; be thou my part and inheritance for ever.

But, O my dearest Lord, do thou chuse me; and guide my uninstructed soul to chuse thee.

O make me chuse to love thee, till I come

come to see thee; and then I am sure I cannot chuse but love thee.

Here we alas, move slowly in the dark; led on by the Argument of things not seen:

But did we clearly see what we say we believe; we soon should change the course of our life.

Did we but see the Damned in their flames; or hear them cry in the midst of their torments:

How should we fear to follow them in their Sins; which we know have plung'd them into all those Miseries!

How should we strive against the next temptation; and cast about to avoid the danger!

Did we but see the Glories of the Saints; or hear the sweet Hymns they continually sing:

How should we study to imitate their lives; which we know have rais'd them to all their Happiness!

How should we seek all occasions of improvement; and make it our business to work out our Salvation!

Nay did our faith but firmly believe the truths we every day recite in our Creed.

What would we do, to attain those joys! what would we not do, to escape those sorrows!

D. 3

Would

Would half an hour be too long to pray? or once a week too often to fast?

Would the pardon of an injury be too hard a law? or the making restitution too dear a price?

Durst we return to our sins again? or spend our time in idleness and folly?

Yet is all this as sure as if we saw it; and would move as much, if we seriously considered it.

If we considered what I'm sure we believe; we should never live as I'm sure we do.

Which of us doubts but ere long we shall all be dust? yet which of us lives as if we thought to dye?

Pity, O gracious Lord, the frailties of thy servants; and suffer not our blindness to lead us into ruine.

Supply our want of sight by a lively faith; and strengthen our faith by thy powerful grace.

Make us remember, 'tis no childrens sport, to gain or lose the Kingdom of Heaven.

Make us chuse wisely, and pursue our choice; and use as well the means, as like the end.

O set thou right the byass of our hearts; that in all our motions we may draw off from the world.

That

That we may still incline towards thee; and rest, at last, in thy holy presence.

Thou art our Lord, and we will serve thee in fear; thou art our God, and we will love thee in hope.

A Prayer.

O God the Father of our Lord Jesus Christ, who hast created all things by him of whom the whole Family in Heaven and Earth is named, and hast by Revelation made known to the Apostle St. Paul the Myltery of Christ, which in other ages was not made known to the Sons of Men, as it is now revealed unto his Holy Apostles, and Prophets, by the Spirit, that the Gentiles should be fellow Heirs, and of the same Body, and Partakers of thy Promise in Christ by the Gospel, whereof he was made a Minister, according to the Gift of thy Grace, giving unto him, by the effectual working of thy Power; unto him who (in his own esteem) was less than the least of all Saints, was this Grace given, that he should Preach among the Gentiles the unsearchable Riches of Christ, and to make all men see, what the Fellowship of the Ministry, which from the beginning

of the World hath been hid in thee, O God. To the Intent, that now unto the Principalities, and Powers in Heavenly Places, might be known by the Church, thy manifold wisdom, O God, according to the Eternal Purpose, which thou didst purpose in Christ Jesus our Lord. In whom I have boldness and access, with confidence, by the Faith of him. For this cause I bow my knees unto thee, O Father, that thou wouldest grant me according to the Riches of thy Glory, to be strengthened with might, by the Spirit, in the Inner Man, that Christ may dwell in my heart by Faith, that I, being rooted, and grounded in Love, may be able to comprehend with all Saints, what is the Breadth, and Length, and Depth, and Height, and to know the Love of Christ, which passeth knowledge; that I may be filled with all the fulness of God. Now unto thee that art able to do exceeding abundantly above all that I ask or think, according to the Power that worketh in me, unto thee be Glory in the Church, by Christ Jesus, throughout all Ages, World without End. *Amen.*

Wednesday

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Wednesday Evening.

A Prayer.

O Holy Father, and most merciful God, grant me the Grace of thy Holy Spirit, whose Fruit is in all Goodness and Righteousness, and Truth, that I may follow thee as a dear Child, and walk in Love, as Christ also hath loved me, and hath given himself for me an Offering and a Sacrifice to thee (O God) for a sweet smelling savour; but Fornication, and all uncleanness, let it not once be named by me, as becometh a Saint: Neither filthiness, nor foolish talking, nor jesting, which are not convenient; but rather giving of Thanks : For this I know, that no Whoremonger, nor unclean Person, nor covetous man, who is an Idolater, hath any Inheritance in the Kingdom of Christ, and of God. Let no man deceive me with vain Words, for because of these things cometh thy Wrath upon the Children of Disobedience. Let me not therefore be a partaker with them: For I was sometimes darkness; but now Light in

the Lord, and should walk as a Child of Light, proving what is acceptable unto thee, O Lord; and have no fellowship with the unfruitful Works of Darkness, but rather reprove them; for it is a shame even to speak of those things that are done by them in secret; but all things that are reprov'd are made manifest by the Light: For whatsoever doth make manifest is Light; wherefore awake thou me, that sleep, and raise me from the dead, and Christ shall give me Light: Grant unto me to walk circumspectly, not as a Fool, but wisely, redeeming the time, because the days are evil; wherefore let me not be unwise, but understanding what the Will of the Lord is, and not be drunk with Wine, wherein is excess, but be filled with the Spirit, speaking to my self in Psalms, & Hymns, and Spiritual Songs, singing, and making melody in my Heart to thee, O Lord, giving Thanks always for all things unto thee, O God, and the Father, in the Name of our Lord Jesus Christ. *Amen.*

Soliloquy.

LOrd, how secure and quiet they live,
whom thy grace preserves in innocence !

The day goes smoothly over their heads, and silent as the shadow of a Dial.

The spirits of their fancy run calm and even ; and ebb and flow in obedience to reason.

All their delight is to think on Heaven ; and reckon over the joys they shall one day possess.

Till some unruly passion pres to come in, and by its fawning out-side gain admittance.

It promises at first all joy, all happiness ; but soon discovers its pernicious intent.

Soon it grows bold to undermine their repose, and open a door to all their Enemies.

So, at a little breach of the City wall, a whole Army pours in their numerous Body :

Enslaving all that submit to their violence, and destroying all that make head to resist it.

And such, alas, is their confusion, when
once

once they have yielded to the first assault.

Immediately a throng of tumultuous spirits croud into their heads ; and utterly consume the little remnant of their peace.

O the distraction of a life led by humor ; and the miserable thralldom of being subject to our passions !

How often do they engage us to contend with others ; and imbitter all our days with strife and envy !

How often do they quarrel even among themselves ; and raise a war in our own bosoms !

If they by chance agree in one desire ; they many times vex us with their being disappointed.

If they perhaps sometimes succeed ; they seldom produce the expected content.

If they delight our corrupted taste, and we greedily swallow their unwholsom sweetness :

Then 'tis, alas, they most of all undo us, by feeding the humour of our fatal disease.

Vain, at the best, and short are the enjoyments of this World ; and, after a little flattery, betray us into ruine.

Save me, O Blessed JESUS, or else I perish ; awake, and with thy speedy mercy rescue thy Servant. Send.

Send down thy powerful grace to sustain my part ; and thorowly reduce these unquiet disorders :

That I again may return to my former rest ; and constantly enjoy an universal peace.

Peace with the bad, by bearing their injuries ; and with the good, by conforming to their vertues :

Peace with my self, by subduing sense to Reason; and with Thee, by improving Reason with Religion.

H Y M N.

L *Et them go court what joys they please ;
And gain what e're they court :
For me, I find but little ease,
In all their gayest sport.*

*Be thou alone but with my heart,
My God, my only Bliss :
I shall not murmur at my part,
Nor envy their success.*

*They talk of pleasure, talk of gain ;
None must their humour cross :
But well I know their pleasure's pain ;
Their greatest profit, loss.*

Let

*Let them talk on ; and have not we
 Our gains, our pleasures, too ?
 Pleasures that spring more sweet and free ;
 Gains that more fully flow,*

*Nay, well endur'd, our very pains
 To us a pleasure are :
 And all our losses turn to gains ;
 If Hopes may have their share.*

*And sure they may ; such hopes as cheer
 The heav'n espoused brest,
 Hopes, that so strangely charm us here,
 What will they be possest !*

*All Glory to the sacred Three ;
 All honour, power and praise :
 As 'twas at first, still may it be,
 Beyond the end of days. Amen.*

Soliloquy.

WE are indeed nearer the end of our life ; but what are we nearer the end for which we live ?

What have we done, my soul to day, that's truly advancive to our last great home ?

Have we encreast our esteem of Heaven ; and settled its love more strongly in our hearts ? Have

Have we avoided any known temptation ; or faithfully resisted, when we could not avoid ?

Have we interrupted our customary faults ; and checkt the vices we are most inclined to ?

Have we embrac't the opportunities of good, which the mercy of Providence has offer'd to our hands ?

Have we industriously contriv'd occasions to improve, as we are able, our selves and others ?

Alas, dread Lord, what do we see ; when seriously we look into our guilty selves !

When we reflect on our former years ; nay even the follies but of this one day :

So many hours mispent in nothing ; so many abused in worse than nothing.

Pardon, O meek Redeemer, what our passions have done ; and favourably supply what our weakness has omitted.

Make us hereafter more carefully watch, that our time unprofitably slide not away.

Make us select every day some fit retreat ; to study the knowledge of our selves and Thee :

Our selves, to correct our many infirmities ;

mities; and Thee, to adore thy infinite
perfections.

HYMN.

AND do we then believe
There is a World to come;
Where all this world shall summon'd be,
To take their final doom?

Is there a Heav'n indeed,
To Crown the innocent?
Is there a Hell, and horrid pains,
The wicked to torment?

Are these eternal too,
And never to have end?
Shall never those delights decay,
Those sorrows never mend?

Good God! Is all this true?
And sure most true it is;
And yet we live, as if there were
Nothing so false as this.

O quicken Lord, our Faith
Of these great joys and fears:
And make the last days trumpet be
Still sounding in our ears.

Still

*Still may this glorious hope
Shine bright before our eyes.
We shall at last go up to meet
Our JESUS in the skies.*

*Come, JESUS, Come, and take
Our banisht Souls to thee :
Come quickly Lord, that in thy light
Our Eyes thy light may see.*

*Glory to thee great God,
One Coeternal three :
As at the first beginning was
May now and ever be. Amen.*

Ejaculation.

O God, who in thy mercy makes
easie the laborious course of our
lives, with convenient rest, give me for
thy Names sake grace to improve this
mercy, composing my Soul more satisf-
fiedly to rest, by a faithful Recollection
every Evening how I have spent the day;
and grant that reflecting with hearty
contrition, on every step I have gone
aside, and with thankful acknowledg-
ment on those thou hast led me aright, I
may henceforth be more wary of my
wandring Inclinations, and may be more
watchful, through Jesus Christ our Lord.
Amen.

Thursday

Thursday Morning.

Ejaculation.

O Lord, thou who hast at this time raised my body from natural sleep, keep and preserve my Soul from all spiritual slumber; and grant that I may watch and pray that I may not enter into Temptation. Guide and preserve me from all evil this day, and all the days of my life, through Jesus Christ our Lord. *Amen.*

H Y M N.

With all the powers my poor soul hath,
Of humble love and loyal faith;
Thus low, my God, I bow to Thee,
Whom too much love bow'd lower for me.

Down busy sense, Discourses dy;
And all adore Faiths Mystery:
Faith is my skill, Faith can believe
As fast as Love new laws can give.

Faith is my eye, Faith strength affords,
To keep pace with those powerful words:
And

*And words more sure, more sweet than they,
Love could not think, Truth could not lay.*

*O dear Memorial of that death,
Which still survives and gives us breath !
Live ever bread of Life, and be
My food, my joy, my All to me.*

*Come glorious Lord, my hopes encrease ;
And fill my portion in thy peace :
Come hidden life, and that long day
For which I languish, come away.*

*When this dry soul those eyes shall see,
And drink the unseal'd source of Thee :
When glory's Sun faith's shade shall chase,
And, for thy veil, give me thy face.*

Soliloquy.

THUS does our gracious Lord invite,
and shall we not go? shall sinners
dare to sit down at his Table?

Thus He invites, and shall we not go?
shall wretches presume to refuse his Call?

Rise then, my Soul, and take thy
swiftest Wings, and fly to the Presence
of this great Mystery.

Soon as thou comest, bow low thy
head, & humbly adore our gracious God.
Our

Our God, who is come thus far to meet us, and brings along with him a whole Heaven to entertain us.

Arise, and leave the World behind thee, and run with gladness to salute thy Lord.

Enter the Palace of that admirable Tabernacle, the house of his own most glorious Residence.

There we shall by Faith see the Eternal Word, that descended from Heaven to become Man for us.

There we shall see the Lord of Glory, represented by visible the Signs of Bread and Wine.

There we shall see the Prince of Peace ready to reconcile us with his Father :

Can we acknowledge thy supream Veracity, and not believe (were they possible) still greater Wonders ?

Can we behold such Wonderful and Peerless Love, and our Souls not melt within us ?

None but a more than Infinite Goodness would ever have imparted so dear, and tender, and rich a blessing.

Soliloquy.

Scililoquy.

LOrd, who are we, unworthy sinners,
that thus thou regardest our wretched
dust ?

What is all the world compared to
Thee ; that thus thou seem'st to disre-
gard thy self ?

'Tis for our sakes, and to draw us to
thy love, that thou tookest our Na-
ture upon thee.

'Tis for our sakes, and to spare the in-
firmity of our nature ; that thou makest
use of these Symbols.

Blessed, O JESUS, are those that
see thee by Faith, and the Soul that
reverently adores Thee :

Blessed yet more is the heart that de-
sires thy coming ; and longs to see thee
in thy beauteous self.

O Thou eternal Lord of grace and
glory ; our joy and portion in the Land
of the Living !

What hast thou there prepared for thy
servants ; who bestowest such pledges of
thy bounty here :

What dost Thou there reserve in thine
own Kingdom, who givest us so much in
this place of banishment.

How

How will thy open vision transport our souls ; when our dark faith yields such delight !

Nothing on earth so sweet, as to kneel whole hours before thee ; and one by one consider thy innumerable mercies :

What must it be in Heaven to shine continually before Thee ; and all in one contemplate thy unspeakable glories !

O my adored Redeemer, when will that happy day appear ; that mine eyes may behold thee without a veil ?

When will these clouds and shadows pass away ; that thy beams may shine on me in their full brightness ?

Object not against me, dearest Lord, that none can see thy face and live :

Those fears thy love has changed, and all my hope is now to live by seeing thee :

Say not, O thou mild and gracious Majesty ! if I approach thy presence I must dye :

Rather instruct me so to die ; that I may live for ever in thy Presence.

A Prayer.

Blessed and glorious Lord God, thy mercies are infinite, and thy long-suffering and patience exceeding great,
else

else had not I, a poor, wretched, miserable sinner, been spared so long, considering my many provocations against thee, in thought, word, and deed; but thou hast exalted thy mercy above all thy works, and of thine Infinite Goodness hast preserved me this night, and given me the Light of this day: Lead me, I beseech thee, O Lord, and guide me this day in the way of all Truth and Righteousness, and to govern all my Actions, that I may not run into any sin, or danger; but that all my Actions may tend to thy Glory, and the discharge of my Duty, in my Life and Conversation: Defend and deliver me also from all Temptations and Afflictions in this sinful World, and from all mine Enemies, and from all the deceits and dangers of Satan, the deadly Enemy of Mankind: Kindle in my heart and affections a fervent Zeal to do thy Will; and let me embrace thy Holy Word, and walk in thy Ways; strengthen me with thy Holy Spirit, boldly and constantly to profess the Honour and Service of thy great Name. O Lord, strengthen my weak Faith; kindle it more and more in Love and Fervency toward thee, and in all Christian Love toward my Neighbour. Give me to be content with whatever state thou in thy
goodness

goodness measures out unto me, and the sober use thereof, and to be thankful for them. Keep my wandring Will and Affections from all evil thoughts, my Tongue from profane and lewd speeches, my Body and every part thereof from all sinful Actions. Let my Love, Delight, Hope and Confidence, be only upon thee: And grant that I may lead my whole Life and Conversation so, that I may live in thy Fear, and die in thy Favour; that I may also rise again to live for ever and ever with my Lord Jesus.

Amen.

Thursday Evening.

A Prayer.

O Heavenly Father, the Giver of all good things, and the Protector of all those that love thee, I yield thee most humble and hearty thanks, not only for keeping and preserving me this day, but also all my life, that neither Enemies have prevailed against me as they might, or any other danger, which in this life is incident to Mankind, hath overcome me; but that thou, as a loving Father, and careful Provider, hast provided for me

me all things that are necessary ; for which thine inestimable Love I cannot sufficiently praise thee. O Lord, forgive me mine Offences, which I have this day committed against thy Holy Majesty : Pardon them for Christ's sake, and vouchsafe me thy Grace to amend my Life, and to return unfeignedly unto thee, in serving of thee : And since I cannot have a Being without thy continual Protection, be pleased to extend the same towards me, a wretched creature, this night, that I may take my rest with thee until the morning ; and that I may then give my self to the fulfilling of my Duty, and the discharge of my Calling, and the doing of thy Will unto my Lives end. Hear me, I beseech thee, for these things, and for all things necessary for me, and for all others whom thou hast commanded me to pray for, even for all such as are in any kind of Affliction, in Body, or in Mind. O Lord, strengthen them, and keep them and me, and keep me and mine this night, and for evermore. All which I humbly beg of thy Holy Majesty in and through Jesus Christ our Lord. *Amen.*

Soliloquy I.

WHo will give me this happy favour; that I may find my God, alone;

That I may find him in the silence of retirement; where the noise of this world can no way interrupt us.

But that my God may speak to me and I to him; as dearest friends converse together,

That I may unfold before him all my wants; and freely ask the charity of his counsel.

What shall I do, O my gracious Lord, to be happy here? What shall I do to be happy hereafter?

Nature already has thus far taught me; that, in all I undertake, I seek my own good.

Only I have cause to fear, I may mistake that good; and set up an Idol instead of Thee.

Unless my God vouchsafe to instruct me? and shew my soul its true felicity.

Hark, how the Eternal Wisdom gives thee advice; and let every word sink deep into thy Soul.

Seek with thy first endeavours the
Kingdom

Kingdom of Heaven ; and all things else shall be added to thy wish.

Love with thy whole affections the injoyment of thy God ; and all things else shall conspire to thy happiness.

All these, my lips confess, are excellent truths ; but when, O my God, shall my life confess them ?

When shall I perfectly overcome my passions ; and guide them so, that they may draw me to thy light ?

While they are mine, alas, I cannot govern them : behold, dear Lord, I offer them all to thee.

Check thou their lawless motions by thy grace ; lest they violently carry me away from my duty.

Wean thou my heart from the follies of this world ; and quicken its appetite to thy solid joys.

That I may hunger and thirst perpetually after thee ; and those glorious promises thou hast made to thy servants.

That my whole soul may seek thee alone ; since thou alone art all my Heaven.

Soliloquy II.

When, O my Soul ! shall thy God
find thee alone, free from those
busie thoughts that fill thy head ?

O with what ready charity would he
then instruct thee, and let thee into his
blessed Secrets !

Himself would become thy familiar
Guest, and dwell with Thee in perpe-
tual Joy.

Lord, thou must enter first, and chase
those fancies away, and consecrate my
Soul a Temple to thy self.

Take thou entire possession, and hold
it fast for ever, and suffer not the Ene-
mies of my Peace to return.

Sit thou as Sovereign King, and ab-
solutely command ; for thy Government
is mild, and rewards are infinite.

What hast thou promised, gracious
Lord, to him that receives thee with an
humble love !

All that's contained in those sweet
and mystick words, he dwells in me,
and I in him.

O blessed words, if once my Soul can
say, He dwells in me, and I in him.

He is my refuge in all temptations ;
He is my comfort in all distresses :

He is my security against all enemies ;
He

He dwells in me and I in him.

What can an infinite bounty give greater than it self? and what can an empty creature receive greater than his God?

O glorious God, my life, my joy; and the only center of all my hopes!

Were my unsteddy soul once united to thee; or once had relisht the sweetness of thy presence:

How would all other company seem dull and tedious; and the whole world be bitter to my tast?

How would my thoughts cleave fast to thee; and gladly seal this everlasting Covenant!

If thou, O Lord, wilt dwell with me, my heart shall continually attend on thee.

Night and day will I sing thy praises; and all my life long adore thy mercies.

H Y M N.

Come my thoughts, that fondly fly
At every toy which passes by;
Spending so your strength in vain,
While what you court you ne're can gain.

Come, fond man, who sure must be
Quite tired with all this life can see;
Losing oft thy hope and time:
Come, take advice of this plain rime.

E 3

Seek

Seek no more abroad thy rest ;
 But seek at home, in thine own brest :
 Let thy mind from guilt be clear ;
 Then look for all thy comfort there.

With thy Self, and with thy God,
 Delight to make thy chief abode :
 There repose secure and free ;
 And no mischance can trouble thee.

Should deaths self thy walls assail,
 Still thou art safe and canst not fail :
 Still thy soul's thine own, and she
 To a new house removed shall be.

New and lasting there above,
 All built and furnisht with pure love :
 There shall this mud wall of thine,
 Repair'd, the brightest stars out-shine.

• There thy Lord, who feeds thee now
 With his own flesh, will more bestow ;
 He came down, to be like thee ;
 Thou shalt go up, and like Him be.

King of glory ! King of peace !
 May these my praises never cease :
 Still may I adore thy Throne,
 Still bow and sing to Thee alone. Amen.

Ejaculation

Ejaculation.

O Lord, let not this vain World take up my thoughts, but make such a glorious discovery of thy glorious Majesty, as may attract my whole thoughts and affections to thee; that nothing may be able to separate me from the Love of God which is in Christ Jesus. *Amen.*

Friday Morning.

Ejaculation.

O Lord who hast taught us that Flesh and Blood cannot enter into the Kingdom of God, give me Grace so to curb and resist its Motions, that I may wholly follow the Dictates of thy Holy Spirit, and may be mortified to all the pleasures of this life, that I may be fitted for a better, through Jesus Christ. *Amen.*

Soliloquy.

TO thee, O God, we owe our whole selves; for making us after thine own image.

To thee, O Lord, we owe more than our selves; for redeeming us with the death of thine only Son.

Nor were our ruines so soon repair'd; as at first our Being was easily produc'd.

Thy Power to create us said but one word; and immediately we became a living soul.

But thy Wisdom to redeem us both spake much, and wrought more, and suffer'd most of all.

To redeem us, He humbled himself to this low world; and all the infirmities of our miserable nature.

He patiently endur'd hunger and thirst; and the malicious affronts of enraged enemies.

How many times did He hazard his life, to sustain with courage the truths of Heaven!

How many tears did he tenderly weep, in compassion of his blind ingrateful Country!

How many drops of blood did he shed,
in

in that doleful garden, and on the bitter Cross!

The Cross, where, after three long hours of grief and shame, and intolerable pains,

He meekly bow'd his fainting head; and in an agony of Prayer yielded up the Ghost.

So sets the glorious Sun in a sad cloud and leaves our earth in darkness and disorder.

But goes to shine immediately in the other world; and soon returns again, and brings us light.

And so dost Thou, dear Lord, and more; thy very darkness is our light.

'Tis by thy death we are made to live; and by thy wounds our sores are heal'd.

O my ador'd Redeemer, who took'st upon thee all our miseries; to impart to us thine own felicities!

Can we remember thy labours for us; and not be convinc'd of our duty to Thee?

Can our cold hearts recount thy sufferings; and not be inflam'd with the love that suffer'd?

Can we believe our salvation cost thee so dear; and live as if to be sav'd were not worth our pains?

Ingrateful we, how do we slight the kindness of our God! how carelessly comply with his gracious design!

For all his gifts he requires no other return, then to hope still more, and desire still greater blessings.

For all his favours he seeks no other praise, then our following his steps to arrive at his glory.

O Glorious JESUS! behold to thee I bow; and humbly kiss the dust, in honour of thy death.

Behold thus low I-bow, to implore thy blessing; and the sure assistance of thy special grace.

That I may wean my affections from all vain desires; and clear my thoughts from all impertinent fancies.

Then shall my life be intirely dedicated to thee; and all the faculties of my Soul to thy holy service.

My mind shall continually study thy knowledg; and my will grow every day stronger in thy love.

My memory shall faithfully lay up thy mercies; and both tongue and heart shall sing for ever.

HYMN.

H Y M N.

Tune now your selves, my heart-strings high,
Let us aloft our voices raise :
That our loud song may reach the Sky;
And there present to Thee our praise.

To thee, blest JESUS, who camest down,
From those bright sphears of Joy above ;
To purchase us a dear-bought Crown,
And woo our Souls t' espouse thy love.

Long had the World in darkness sate ;
Till Thou and thy all-glorious light
Began to dawn from Heavens fair gate,
And with thy beams dispel their night.

We too, alas ! still there had stood,
As common slaves in the same shade ;
But mercy came, and, with his blood,
Our general ransom freely paid.

Nor all the spite of all the Jews,
Nor death it self could him remove :
Still he his blest design pursues ;
And gives his life, to take our love.

And now my Lord, my God, my all !
What shall I most in Thee admire ?

Thee...

*That power which made world, and shall
The world again dissolve with fire ?*

*O no, thy strange humilit y;
Thy wounds, thy pains thy cross, thy death;
These shall alone my wonder be,
My health, my joy, my staff, my breath.*

*To Thee, great God! to Thee alone,
Three Persons in one Deity;
As former ages still have done,
All glory now, and ever be. Amen.*

A Prayer.

O Eternal God; my merciful and loving Father in Christ Jesus our Lord, I render unto thy Majesty due praise and thanks for thy Fatherly goodness, in protecting me this night from many dangers and damages which might justly have happened unto me, if thou shouldest strictly have observed what I have deserved, and how I have sinned against thy Law; and now (I beseech thee) to keep and protect me this day also: Preserve me and mine in thy Fatherly Providence, and all those that depend upon me: Have mercy upon me (O God) have mercy upon me, and

and of thy wonted goodness, forgive me all my transgressions, especially those which I have committed this night against thy Sacred Majesty. Shew me the light of thy Countenance, and let me find comfort in the remorse of my Conscience.

Bless me (O Lord) and water me with the dew of thy Blessings, and let the drops of thy Sons Blood shed for my sins (and yet crying for mercy) distil into my heart by a lively Faith, for the comfort of my Soul, and the amendment of my Life.

I beseech thee (O Lord) take from me all manner of darkness, unbelief, infidelity, carnal lusts and affections, and so strengthen me with thy grace that the Bark of my weak Faith sink not through the Storms of Satans Temptations, nor my Hopes be overturned through the weight of my unworthiness, nor any of thy good graces extinguished or blemished by the ways of a wicked conversation. Enter thy Judgments into the Tables of my heart; that I may be content to set apart some time to muse of all thy Commandments; and that I may have more earnest delight in meditation of thy Sacred Word than the Kings of the Nations take to reflect
son

on their great Authority. Be mindful of me, when I happen to forget my self, and think upon me, O Lord, at all times.

Keep me (O Lord) this day, preserve me and mine, that we be neither turned a side to the Right or Left hand; but grant us thy help and assistance, that we may emprove this day to the shewing forth of the honour and glory of thy Holy Name, and the managing of our worldly business in thy fear, through Jesus Christ our Lord and only Saviour. *Amen.*

Friday Evening.

A Prayer.

O Most Mighty Lord God, and most merciful and loving Father, in thy Son Jesus Christ; I sinful creature am bold to return unto thee all possible praise and thanks for all thy great and manifold favours, which thou in thy mercy hast from time to time vouchsafed unto me a sinful wretch, who am full of sin and iniquity. I beseech thee favourably

vourably to hear my imperfect Prayers, and to grant my requests and needful suits, which I make unto thee at this time : Forgive me, I intreat thee, good Father, all the sins that I have committed from day to day against thy Divine Majesty, and suffer me not, O Lord, to offend thee any more hereafter, that neither Sin nor Satan, nor any unruly Passions, may have dominion, or reign any longer in my mortal body; for I confess, I have herein done wickedly, and have broken all thy Commandments, for which thou mightest in thy secret Justice, punish me both in Soul and Body with Eternal Death. Besides, those sins which I have this day committed, forgive me, O Lord, all my sins past; and blessed be thy Name, that thou hast kept me this day in my going out, and in my returning home. O Lord, watch over me this night, and be thou my defence and protection from all dangers casualties and troubles, grant that I be not overcome with any fantasies and dreams, or other temptations, but that I may fully set my mind upon thee, love thee, fear thee, and rest in thee : And thou, O Lord, waken me again in due time, that I may behold the light of the next day, to my comfort; still prepare
my

my heart and mind to thy Service every day, and my whole life time in truth and sincerity, that when I have run the short Race of this mortal life, thou mayest be pleased to call me to be partaker of a better, and so I may live and die, and ever remain with thee, in thy Heavenly Kingdom, through Jesus Christ our only Lord and Saviour. *Amen.*

Soliloquy.

MY Soul, when thou art thus retir'd alone ; and fitly dispos'd for quiet thoughts.

Never let the greatness of another molest thy peace ; nor his prosperous condition make thee repine.

Say not in thy heart, had I that fair Estate ; or were intrusted with so high a Place.

I should know how to contrive things better ; and never commit such gross mistakes.

Tell me, how dost thou manage thine own imployments ; and fit the little room thou holdest in the world ?

If thou hast leisure, art thou not idle and spend'st thy precious time in unprofitable follies?

If

If thou art busie, art thou not so too much? and leav'st no time to provide for thy Soul?

Do thy riches make thee wise; and generously assist the innocent poor?

Does thy poverty make thee humble; & faithfully labour for thy little family?

Dost thou in every state give thanks to heav'n; and contentedly subscribe to its severest decrees?

Canst thou rejoycingly say to God; O my ador'd Creator! I'm glad my lot is in thy hands?

Thou art all wisdom, and seeest my wants; Thou art all Goodness, and delightest to relieve me:

Under thy Providence I know I am safe; what ever befalls me, thou guidest to my advantage.

If thou wilt have me obscure and low; thy blessed will, not mine, be done.

If thou wilt load my back with crosses; and imbitter my days with grief or sickness.

Still may thy blessed will, O Lord, be done; still govern thy creatures in thine own best way.

Place where thou pleasest thy other favours; but secure to my Soul a portion in thy love.

Take what thou wilt of the things
thou

thou hast lent me; but leave in my heart
the possession of thy self.

Let others be preferred, and me neglected;
let their affairs succeed, and mine miscarry:

Only, one thing I humbly beg; and
may my gracious God vouchsafe to grant
it.

Cast me not away from thy presence
for ever; nor wipe my name out of the
book of life:

But my eternal hopes, let them remain;
and still grow quicker as they
approach their end.

H Y M N.

TIs not for us, and our proud hearts,
O mighty Lord! to chuse our parts;
But act well what Thou givest:
'Tis not in our weak power to make
One step o' th way we undertake;
Unless Thou us relievest.

What thou hast given, Thou canst take,
And, when Thou wilt, new gifts canst make;
All flows from Thee alone:
When thou didst give it, it was Thine;
When thou retook'st it, 'twas not mine:
Thy will in all be done.

*It might perhaps too pleasant prove,
Too much attractive of my love ;*

So make me less love Thee :

*Some things there are, thy Scriptures say,
And reason proves, that Heaven and they
Do seldom well agree.*

*Lord ! let me then sit calmly down,
And rest contented with my own ;*

That is what Thou allowest :

*Keep thou my mind serene and free,
Often to think on Heaven and Thee ;
And what thou there bestowest.*

There let me have my portion, Lord !

There all my losses be restored ;

No matter what falls here :

Is't not enough that I shall sing,

And love for ever my blest King ;

Whose goodness brought me there ?

*Great God, as Thou art One, may we
With one another all agree ;*

And in thy praise conspire :

May Men and Angels joyn and sing

Eternal Hymns to Thee their King ;

And make up all one Quire. Amen.

Ejaculation.

Ejaculation.

O Lord, do thou so enlighten my Soul, that by Faith I may see greater Riches in the Cross of Christ, than in all the Treasures of this World; that if ever it please thee to call me out to suffer for thy Name, I may count it the greatest honour that could be put upon me, that I may overcome in and through him who loved us, and gave his life for us, and be received into those Blessed Mansions above which he hath prepared for us. *Amen.*

Saturday Morning.

Ejaculation.

O Lord, give me in every thing I do to have Death and Judgment in my Eye, that I may not hazard upon any thing that I would be afraid to do if I expected to die next moment, that so I may keep my self from sin and iniquity, and make it my great endeavour to advance every day in Holiness, through Jesus Christ our Lord. *Amen.*

Hymn.

H Y M N.

Lord, we again lift up our eyes,
And leave our sluggish beds;
But why we wake, or why we rise,
Comes seldom in our heads.

Is it to sweat and toyl for wealth,
Or sport our time away;
That thou preservest us still in health,
And givest us this new day?

No, no, unskilful soul, not so;
Be not deceived with toys:
Thy Lords commands more wisely go,
And aim at higher joys.

They bid us wake to seek new grace,
And some fresh vertue gain:
They call us up to mend our pace,
Till we the price attain.

That glorious prize for which all run,
Who wisely spend their breath:
Who, when this weary life is done
Are sure of rest in death.

Not such a rest as here we prove,
Disturbed with cares and fears:

But

*But endless joy, and peace, and love,
Unmixt with grief and tears.*

*Glory, to Thee, O bounteous Lord !
Who givest to all things breath:
Glory to Thee, Eternal Word !
Who savest us by thy death :*

*Glory, O blessed Spirit, to Thee,
Who fillest our souls with love :
Glory to all the mystick Three,
Who reign one God above. Amen.*

Soliloquy.

HAPPY are they, O Lord, who have so much employment ; that there remains no Room for idle thoughts.

Happy are they, who have so little business ; that they want not space to attend their souls.

Happy yet more are they, who in the midst of their work can think sometimes of the wages above.

Whom nothing diverts from that chief concern of seeking to make their election sure.

But, while their backs are bowed down with labor, they freely can raise
up

up their minds to Heaven.

And, while they are ty'd to their beds with sickness, can yet move on towards their eternal rest.

Often they rejoyce with themselves alone ; and silently say in their contented hearts.

Here we, alas, are narrowly confined ; and our time entertained with trivial affairs.

But hereafter we expect an unbounded enlargement ; and the same glorious office with the blessed Angels.

Here we are subject to a thousand miseries ; and the most prosperous life is vain and short.

But hereafter we expect an infinity of joy : and the solid pleasures of Heaven for ever.

I, too, O gracious Lord, who now adore Thee ; and in thy presence thus sing unto thee ;

I humbly pray thee guide me in the middle path, that I never decline to any vicious extreme.

Deliver me from the stormy sea of business ; and the dead water of a slothful life.

Lest I be cast away by forgetting thee ; or become corrupted by neglecting my self.

Make

Make me sometimes at least, recollect my thoughts ; how much soever my condition distract me.

Make me look up with confidence in my God ; how low soever our afflictions depress us.

Make me look up the eternal mountains ; and feed my soul on this sweet hope.

The day will come, when out of this dark world, I shall joyfully ascend to that beauteous light.

The day will come, and cannot be far off ; when I shall rest for ever in the bosom of bliss.

Soliloquy.

HAppiest of all, O Lord, are they whose very business is thy service.

Who not only bestow an interrupted glance ; but steddily fix their eyes on Thee :

Who not only visit thy house sometimes ; but night and day dwell in thy presence.

If the Sun rise, it finds them at their prayers ; and, when it sets, leaves them at the same sweet task.

Every

Every place is a Church to them ; and every day a holy Sabbath.

Every object an occasion of Piety ; and every accident an exercise of vertue.

Do they behold the beauteous stars, they presently adore their great Creator.

Do they look downen the fruitful earth ; they instantly begin to praise his bounty.

Let War or Peace do what they will ; and the inconstant world reel up and down.

They pass through all as unconcerned and smoothly go on their regular course :

Looking still up to that glorious life above ; and entertaining this present in hope and solitude.

• If they depart sometimes from their proper center ; and forsake a while their beloved retirement ;

'Tis to approach, and give light to others ; and enflame some cold or luke warm heart.

While they are thus abroad, their minds are at home with Thee ; and nothing can divide them from thy dear presence.

F

Yet

Yet do they wisely make haste to return ; and enjoy Thee alone in their little Cell.

There Thou receive st them as familiar friends ; and freely admittest them to thy secret sweetness.

Thou givest them a tast from thine own full board ; and overflowest their hearts with the wine of gladness.

Often they feel a little beam from Heaven strike gently, and fill their breasts with light :

Often that gentle light is kindled into a flame ; and chastly burns with pure desires :

Desires that still mount up and aim at Thee ; the supernatural center of all their hopes.

O happy state of reverend Discipline ! free from the cares and tumults of this world :

Free from the dangerous allurements of sin ; and perpetually solicted with engagements to vertue.

Where they seldom fall, and quickly rise ; and make swift advances in the way to Heaven.

Where they live in purity, and die with confidence ; and go to sing among the Quires of Angels.

Blest Providence ! who govern-
est

Saturday Morning.

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est all things in perfect wisdom ;
and assignest to every one his proper
place :

If Thou hast pleased to dispose our
lives in circumstances less favourable than
these :

O let thy powerful hand supply our
wants, and lead us on in our low
path :

That, at least, as far off we may follow
them, who strive to tread so near thy
steps.

So shall we too though slowly, arrive
at the rich inheritance of that holy Land :

So shall we gladly enter those Blissful
gates ; and dwell for ever in the City of
peace.

H Y M N

MY God, to Thee our selves we owe,
And to Thy bounty all we have :
Be hold to Thee our praises bow,
And humbly thy acceptance crave.

*If we are happy in a friend.
That very friend 'tis Thou bestow'st :
His pow'r, his will, to help our end,
Is just so much as thou allow'st.*

*If we enjoy a free estate,
Our only Title is from Thee :*

*Thou mad'st our lot to bear that rate,
Which else an empty blank would be.*

*If we have health, that wel-tun'd ground,
Which gives the Musick to the rest :
It is by Thee our airis found,
Our food secur'd, our physick blest.*

*If we have hope one day to view
The glories of thy blisful face :
Each drop of that refreshing dew
Must fall from heav'n and thy free grace.*

*Thus then to Thee our praises bow,
And humbly thy acceptance crave :
Since 'tis to Thee our selves we ow,
And to thy bounty all we have.*

*Glory to Thee, great God, alone ;
Three Persons in one Deity !
As it has been in ages gone ;
May now, and still for ever be. Amen.*

A Prayer.

Most merciful Father, when I compare mine indignity with the greatness of thy benefits, I feel in my heart a compound of humble repentance and hearty thankfulness : For what am I by Nature but a Child of Wrath, conceived

ceived in Iniquity? which Original corruption I have since increased, with innumerable actual transgressions? And yet, O Lord, where sin abounded, thy grace hath much more, and thine Infinite Love hath prevented me, when I was thine Enemy. Lord, who am I, that thou great Maker and Sovereign of Heaven and Earth, possessest with Infinite Glory, and dwelling in a Light not to be approached unto, wouldest grace me so much as to make me one of thy Children, and enrich me with the Inheritance of thy Kingdom; that thou wouldest give me thy Beloved Son for the price of my Redemption, which I may present unto thee by Faith; that thou wouldest give me thy good Spirit to seal my Adoption, and work my Regeneration, and say to my Soul, Soul, I am thy Salvation.

With what wonders of mercy was that Salvation purchased for me! Thine only Son in whom thou art well pleased, must put on an infirm flesh like unto mine, to make me like unto him by his good Spirit. He must make himself a Servant to make me free. He must suffer Death, to give me Life. He must cry- My God, My God, Why hast thou forsaken me, to bring me back to my God

whom I had forsaken. He must overcome Death, to intitle me to his Victory. He must ascend into Heaven, and there sit at the Right Hand of his Father, that I may be blest with all Spiritual Blessings in heavenly places in Christ.

O Father of Mercies, the great, the good, the wonderful, be pleased to add to these thy Mercies one more, even the thankfulness of my heart, answerable, as far as mans capacity can reach, to the greatness of the obligation. O that thou wouldest grant me according to the riches of thy Glory, to be strengthened with might by thy Spirit in the inner Man; that Christ may dwell in my heart by Faith, that I being rooted and grounded in love, may be able to comprehend with all Saints what is the breadth, and length, and depth, and height, and to know the Love of Christ which passeth knowledge, that I may be filled with all the fulness of God.

Most gracious God, I expect from the riches of thy Glory to be filled in Heaven with all thy fulness, by the blessed Contemplation of thy face. But even in this present weak condition of mine, be pleased to pour into me some drops of that fulness, enough to fill this small,
frail

frail Vessel with thy Love, and a feeling
resentment of thy Bounty. And as all
things about me speak to me of thy Love,
so let all things help me to be thankful,
and to acknowledge and love him that
loved me so much in Christ Jesus.

'Tis true, Lord, that even thine Ene-
mies enjoy out of thy bounty, the Light
and Heat of the Sun, and the Fertility of
the Earth, and in thee live, and move,
and have their Being. But I enjoy all
these benefits with a better title, and
relish in the very Bread which I eat, & the
Air which I breath in, thine Eternal
Love in thy Beloved Son. For since
thou hast Elected me in him, and Re-
deemed me by him, it is by him also
that I enjoy all other benefits.

What shall I render unto thee for all
thy benefits; for thy Fatherly care and
providence over me, all my life long?
How hast thou delivered me in, and from
dangers, held up my goings, and brought
me back when gone astray? How gra-
ciously hast thou recovered me by repen-
tance, by thy Word, Spirit, by thy Gifts,
by thy Rods; sometimes plucking me
with fear out of the Fire, sometimes
drawing me with Love? How powerful
are the comforts of thy Spirit, assuring
me of thy reconciliation with me, giving

whom I had forsaken. He must overcome Death, to intitle me to his Victory. He must ascend into Heaven, and there sit at the Right Hand of his Father, that I may be blest with all Spiritual Blessings in heavenly places in Christ.

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frail Vessel with thy Love, and a feeling resentment of thy Bounty. And as all things about me speak to me of thy Love, so let all things help me to be thankful, and to acknowledge and love him that loved me so much in Christ Jesus.

'Tis true, Lord, that even thine Enemies enjoy out of thy bounty, the Light and Heat of the Sun, and the Fertility of the Earth, and in thee live, and move, and have their Being. But I enjoy all these benefits with a better title, and relish in the very Bread which I eat, & the Air which I breath in, thine Eternal Love in thy Beloved Son. For since thou hast Elected me in him, and Redeemed me by him, it is by him also that I enjoy all other benefits.

What shall I render unto thee for all thy benefits; for thy Fatherly care and providence over me, all my life long? How hast thou delivered me in, and from dangers, held up my goings, and brought me back when gone astray? How graciously hast thou recovered me by repentance, by thy Word, Spirit, by thy Gifts, by thy Rods; sometimes plucking me with fear out of the Fire, sometimes drawing me with Love? How powerful are the comforts of thy Spirit, assuring me of thy reconciliation with me, giving

me a Foretast of Eternal Life.

What shall I render unto thee for so many benefits? Lord I have nothing but thine? I will consecrate unto thee this Body and Soul which thou hast made and redeemed. My understanding shall meditate on thee, my Heart love thee, my Mouth praise thee, all my Faculties Glorifie thee. And because my goodness extendeth not unto thee, I will endeavour to make it extend to the Saints which are on Earth, in whom is all my delight. I will Feed the Hungry, Cloath the Naked, Visit the Sick and imprisoned. O Lord, let my holy Resolutions be attended with Holy Actions; and that my Life may be a continual thanksgiving in Thoughts, Words and Actions, through Jesus Christ our Lord. *Amen.*

Saturday Evening.

A Prayer.

O Most gracious God and loving Father, who knowest my down lying, and mine uprising, and art near unto all that call upon thee in truth and sincerity; I wretched sinner do beseech thee
to

to look upon me with the Eyes of thy mercy: Father, I beseech thee, let thy Holy Spirit work in me such a serious repentance, as that I may with tears lament my sins past, with grief of heart be humbled for sins present, and with all my endeavours resist the same sins for the time to come. And now, O Lord, I bless thee for my Health, Food, Rayment, and Prosperity, and more especially, that thou hast defended me this day now past, from all dangers and perils, both of Body and Soul, furnishing me with all necessary good things, that I stand in need of; and as thou hast ordained the day for man to Travel in, and the night for him to take his rest; so I beseech thee sanctifie unto me this nights rest and sleep, that I may enjoy the same as thy sweet blessing and benefit, that so this dull and wearied Body of mine being refreshed with moderate sleep, I may be better enabled to walk before thee, doing all such good works as thou hast appointed, when it shall please thee of thy Divine Goodness, to waken me the next morning; more especially I beseech thee, to prepare me for thy service to morrow; it is thine Holy day, O Lord, prepare me for the sanctifying of the same, that I may not spend it in mine own Lusts and Pleasures; but that

my chief delight may be to consecrate it to thy Glory and Honour; and that ceasing from the works of sin, as well as from the works of my ordinary calling, I may through thy blessing, feel in my heart, the beginning of that Eternal Sabbath, which in unspeakable Joy and Glory I shall celebrate with the Saints and Angels, to thy praise and Glory in thy Heavenly Kingdom for evermore.

Keep my heart, O Lord, in thy fear, and guide all the course of my life by thy favour, and prepare me against the hour of Death and Dissolution, that if thou shouldst this night make my Bed in the dark, and turn my sleep into Death, I may live and die unto thee who livest everlastingly. These Graces, and all other blessings which thou, O Father, knowest to be requisite and necessary for me, I humbly beg and crave at thy hands, in the name and mediation of Jesus Christ thy Son. *Amen.*

Soliloquy I.

THis life indeed is the way we must walk; but this alone cannot bring us to our end.

Ere we arrive at our appointed home; we must be led through the gates of Death. Where

Where we shall absolutely be stript of all we have; and carry nothing with us but what we are.

Where we not only must quit the whole world; but leave behind us even part of our selves.

Hast thou, my soul, seen some Neighbour dye? and dost thou remember those circumstances of sorrow?

We are sure, the case ere long will be our own; and are not sure but it may be very soon.

Have we our selves been dangerously sick? and do we remember the thoughts we had then?

How we resolved to correct our passion; and strive against the vices that particularly indanger us.

'Twill come to this again; and no reprieve be found to stay one single minute the hand of death.

But he immediately will seize upon us; and bear us away to the region of spirits.

There to be ranged in our proper place; as the course of our life has qualified us here.

Nor is this all, to expire and die; and dwell for a time in a state of separation.

We must expect another Day; a day
of

of publick accounts, and restitution of all things.

When the Arch-Angel shall sound his Trumpet; and proclaim aloud this universal summons,

Arise you dead, and come to Judgment; arise and appear before the Throne of God.

Then shall the little heaps of dust immediately awake; and every soul put on her proper body:

Immediately all the Children of *Adam* shall be gathered together; from Heaven and Hell and every corner of the Earth.

There they must stand, and all attend their doom; but O with how sad and fatal a difference!

The Just shall look up with a chearful confidence; and in their new white robes triumph and sing,

Alleluja, let us rejoice, for the marriage of the Lamb is come; and his Bride has prepared her self.

Let us rejoyce, for the Kingdom of the world is made our Lords and his Christs; and he shall reign for ever and ever.

Let us rejoyce, for now our Redeemer is nigh; behold he comes quickly, and his reward is with him.

Come,

Come, come, Lord JESUS, thoung
Desire of our hearts; come quickly,
thou full Delight of our Souls:

Come, and declare to all the world
thy glory, come, and reward before all
the World thy Servants.

Lo, where aloft he comes in Power
and Majesty; attended with a train of
innumerable Angels.

Behold, where he sits inthroned on
the wings of Cherubims; and takes at
once a view of all mankind.

Soon he commands his Angels to sever
his Sheep; and gather them together on
his right hand.

First then to them he turns his glori-
ous face; shines upon them, with these
ravishing words;

Come ye blessed of my Father, pos-
sess the Kingdom prepared for you from
the beginning of the world.

O the joys their souls shall feel; when
those Heavenly words sound in their ears!

Joys that the wit of man cannot con-
ceive; joys that the tongues of Angels
cannot express.

Let it suffice, themselves shall tast their
own felicity; and feed on its sweetness
for ever.

But O, with what dejected eyes, and
trembling hearts shall the wicked stand
expecting their Judge!

What

What shall they do when, where're they look, their eye can meet with nothing but despair?

Above, the offended Judge ready to condemn them; below, the bottomless Pit gaping to devour them.

Within, the worm of conscience gnawing their bowels; and round about all the world in flames.

What shall they do, when that terrible voice shall strike them suddenly down to the bottom of Hell?

Go you accursed into everlasting fire, prepared for the Devil and his Angels.

The day of man is past, when sinners did what they pleased; and God seemed to hold his peace.

'Tis now the day of God, when his wrath shall speak in thunder; and sinners suffer what their wickedness deserves.

Then shall they sink immediatly into the Pit of sorrow; and dwell in darkness and torments for ever.

While the Just shall go up in joy and triumph, and reign with our Lord in his Kingdom for ever.

Thus shall the whole Creation be finally disposed; and Mercy and Justice divide the world.

O my soul ! who now art here below;
and read'st these dreadful truths as things
afar off.

Know, thou shalt then be present, and
see them with thine Eyes; and be thy self
concern'd for all eternity.

Know, as thou livest, thou art like to
die; and as thou diest thou art sure to be
judged.

Think what a sad condition it will be,
to find thy self on the wrong hand :

Think what thou then wouldest give
to have repented in time; think what
thou wouldest give for a little time to
repent.

Watch therefore now and continually
pray ; for we know not the Hour when
the Son of man will come.

O Son of God and man, who camest
in mercy to save us ; bring the same
mercy with thee, when thou comest to
judg us !

Mean while, assist us with thy hea-
venly grace ; to stand perpetually with
our accounts prepared :

That we may die in the peace of God
and his holy Church ; and go to live
with Him and his blessed Saints.

H Y M N I.

LOrd, what a pleasant life were this,
 If all did well their parts;
 If all did one another love
 Sincerely with their hearts!

No Suits of Law, no noise of War,
 Our quiet minds would fright;
 No fear to lose, no care to keep
 What justly is our right.

No envious Thought, no slandering Tongue
 Would e're disturb our Peace:
 We should help them, and they help us,
 And all unkindness cease.

But the All-wise chose other Laws,
 And thought it better so:
 He made the World, and sure he knows
 What's best with it to do.

'Tis for our good, that all this ill
 Is suffer'd here below:
 'Tis to correct those dangerous sweets,
 That else would poison grow.

So Storms are rais'd to clear the Air,
 And chase the Clouds away:

*So Weeds grow up to cure our Wounds,
And all our Pains allay.*

*How often, Lord, do we mistake,
When we our Plots design !
Rule Thou hereafter thine own World ;
Only Thy Self be mine.*

*Or rather, Lord, let me be Thine ;
Else I am not mine own :
Give Me Thy self, or take Thou me,
Undone if left alone.*

*To Thee great God of Heav'n and Earth !
Each Knee for ever bow :
May all thy Blessed sing above,
And we adore below. Amen.*

Soliloquy II.

Retire, O my Soul i nto thine own
bosom ; and search what thou
aimest at in all thy thoughts.

Where dost thou place thy chief
felicity ? and whither tend thy strongest
desires ?

Go to the Great and Prudent of the
world ; and learn of them to chuse thy
interests.

Do they not there encrease their estates;
where

where they mean to spend most of their Life?

Do they project their Mansionseat, in a Country through which they pass as travellers?

No more, my soul, should we build our best hopes on the sandy foundation of this perishable earth.

Where, sure, we are, we cannot stay long; and are not sure we may stay very little.

O Thou eternal Being, who changeest not; yet art the cause and end of all our changes!

Who still remain'st the same rich fulness in thy Self; the same bright glory to all thy Blessed!

Teach us, O Lord, to use this transitory life; as Pilgrims returning to their beloved home.

That we may take what our journey requires; and not think of settling in a foreign Countrey.

But wisely forecast our treasures so, to be happy there where we must always be.

Soliloquy.

Soliloquy II.

Now thou hast found thy happy end ;
and found it the only Good that
lasts for ever :

Study, O my soul, to know still
more ; and still more value those immor-
tal joys.

Strive for so glorious a prize with thy
whole force ; and the utmost straining
of all thy faculties.

Purchase at any rate that blest inhe-
ritance ; and wisely neglect even all things
else :

All that divert thee from thy
holycourse ; or but retard the speed of
thy advance.

For, though the least in the Kingdom
of Heaven be happy enough ; where every
Vessel is filled to the brim :

Yet to enlarge our capacity to
the least higher degree deserves
the busiest diligence of our whole life.

Shall the industrious Bee endure no
rest ; but fly, and sing, and labour all the
day ?

Shall the unwearied Ant be running
up and down ; to fetch and carry a few
grains of Corn ?

And we, for whom all nature so faith-
fully

fully works ; and tires itself in a perpetual motion. .

For whom the tender Providence of God commands even his Angels to watch and pray.

For whom the adored JESUS came down from heaven ; and spent a whole life in continual labours.

Shall we sleep on in a drowsy sloth ; and not stir a finger to help our selves ?

Awake my soul, and chide thy sluggish thoughts ; and let their stupid folly plainly know !

We have a store to provide, as well as Ants ; and infinitely richer than their poor hoard.

We have a ~~work~~^{task} to do as well as Bees ; and infinitely sweeter than all their hony. .

What can so nobly enrich an immortal soul, as still to be gathering a stock for eternity ?

What can so highly delight one : that every day improves ; as daily to see the encrease of his hope ?

O blessed hope ! be thou my chief delight ; and the only treasure I covet to lay up.

Be thou the quickening life of all my actions ; & sweet allay of all my sufferings.

So shall I never refuse any meanest labour ;

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labour ; while I look to receive such glorious wages.

So shall I never repine at any temporal loss ; while I hope to gain such eternal rewards.

HYMN II.

M*Y* soul ! what's all this world to thee ;
This world of sin and wo :
Where only sense can taste its sweets,
And those unwholsom too ?

*Truth is thy food, truth thy delight ;
Which cannot here be free ;
Thy mind was born to know and love
What this life ne're can see.*

*Malicious world, how dost thou lay
And cover thy false baits !
Here, those of pleasure, there, of gain ;
Each for our ruine waits.*

*Unhappy we, it is our fault ;
'Tis we our life abuse ;
The world presents a furnish'd shop,
And we the tools misuse.*

*So have I seen a little child,
If Nurse but turn her eye ;*

instead

126 *Saturday Evening.*

*Instead of heft, take hold o'th blade,
And cut it self and cry.*

*This little child, alas, am I;
Self-will'd, self wounded too:
But, Lord, turn not thy face away;
Lest I myself undo.*

*O make me still so use this world,
That I the other gain:
O make me so the other love,
That this its end attain:*

*Its end, to breed up souls for Heaven;
Then be it self new drest:
No more corruption, no more change;
But one perpetual rest.*

*To Father Son and holy Ghost,
The undivided Three,
One equal glory, one same praise,
Now and for ever be.*

A Prayer.

O God whose Eternal Providence has embarkt my Soul in the Ship of my Body not to expect any Port or Anchorage in the Sea of this World, but steer directly through it to thy Glorious Kingdom, Grant, I beseech thee, that daily reflecting with what care and unwearied diligence the wretched Adventurers for all sorts of vanity pursue round about us their desperate courses, I may heartily feel my self confounded with just reproach, who knowing my engagement on so important a voyage, yet take so little pains to perform it. Preserve me, O Lord, from the dangers that on all sides assault me; and keep my Affections still fitly disposed to receive thy Holy Inspirations; that, carried sweetly & strongly forward by thy Holy Spirit, I may happily arrive at last in the Haven of Eternal Salvation through our Lord Jesus Christ thy Son. *Amen.*



A Prayer for all sorts of Persons
to be said, after every Prayer
throughout the Week if time
permit, especially after the
Evening Prayer.

O merciful Father, let thy Kingdom
come in the World; make the
Glorious Light of thy Gospel spring up
to those who are sitting in the darkneſs
of Heatheniſm, Mahumetiſm and Ju-
daism, that they may be brought to the
ſaving knowledge of a Saviour, ſubmit
themſelves to him, and be made parta-
kers of the Common Salvation purchaſ-
ed by him.

Bleſs thy Catholick Church; purge
it from all Errors in Doctrin and Wor-
ſhip. Heal all the diviſions thereof, that they
may be all kept in the Unity of the Spi-
rit and in the Band of Peace. Grant unto
all the members thereof, that they may
depart from Iniquity; that thy will may
be done on Earth as it is in Heaven.

In

In particular be gracious to that part of it which thy Right Hand has planted in these Kingdoms of Great *Britain* and *Ireland*. Water it with the dew of Heaven. Preserve it from all the Machinations and Plots of wicked and Blood-thirsty men. Heal all its Divisions; that we may be all of one mind, and the God of Peace may be with us.

And for this end Pour out the choicest of thy blessings upon the Head of thy Anointed our Sovereign Lord *Charles*, by thy appointment of Great *Britain*, *France* and *Ireland* King, Defender of the Faith: Preserve his Royal person from the Conspiracies and Attempts of cruel and Blood-thirsty men; let the Crown long Flourish up his Royal Head, and enrich his Soul with all the Graces of thy Spirit, that he may improve his Power for the advancing thee and thy Kingdom in his Dominions; that when he lays down this corruptible Crown, he may receive one incorruptible and full of Glory.

Bless his Royal Consort Queen *Catharine*, the Illustrious Prince *James* Duke of York, and all the rest of the Royal Family.

Bless the Members of his Majesties Council with the Spirit of Wisdom; the Judges and all inferiour Magistrates.

Bless all those to whom thou hast committed the Dispensation of thy Gospel, by what names and Titles soever they be distinguished. Grant that they may be found in Doctrine, careful of the Salvation of the Souls committed to their charge, and of unblamable Conversation; that they may put to silence all Gainfayers, and by their Doctrine and Practice may be instrumental in bringing many Souls to thee.

Bless all Ranks and degrees of Men in these Lands, the Nobility, the Gentry, the Citizens and the Commonalty. Grant unto them that they may live in thy Fear, in Loyalty to their Prince, and in Love and Amity among themselves.

Bless all that are about their lawful Employments by Sea and Land; be thou with them in all their ways to preserve them from all danger, and bring them safe back to the places of their respective abodes.

Visit all the Sons and Daughters of Affliction, Heal the sick in Body and mind, visit the Prisoners, relieve the oppressed, free the Captives, support the afflicted, comfort the mournful; let thy Grace be dispensed to all of them according

according as their case and condition requires, that in the end they may have reason to say, that it was good for them that they were afflicted.

Hear me, Holy Father in and through Jesus Christ the Son of thy Love, for whom I bless thee, and in whose name and words I farther call upon thee.

Our Father which art in Heaven, Hallowed be thy name. Thy Kingdom come. Thy will be done in Earth as it is in Heaven. Give us this day our daily Bread. And forgive us our Debts as we forgive our debtors. And lead us not into Temptation, but deliver us from all Evil. For thine is the Kingdom, and the Power, and the glory, for ever.
Amen.

Having thus conscientiously passed this Week in the Service of God thou canst not but find some fruit thereof upon thy Soul. However rest not here, but renew thy promises, and strengthen thy Resolutions, and beg of God Grace, that as he has thus induced thy Soul into his ways, so he may continue the Gracious Influence of his Spirit with thee, and never leave thee, nor forsake thee, till he at last bring thee to that blessed place, where thou shalt serve him uninterruptedly

tedly without all Lett and Impediment, and shew forth the Exceeding Riches of his Mercy, with that Blessed Society who are Redeemed by the Blood of the Everlasting Covenant, and are made Kings and Priests unto God, through all Eternity.

If thou findest not such Fruit, as thou expectedst, yet if thou art but truly humbled, if thou hast a deep Impression of thy own unworthiness, insufficiency and unstedfastness upon thy Spirit, it is no small mercy; for if thy condition be such, thou art in graces way. If therefore thy Condition be such, make frequent confession of thy sins, & frequent & fervent Addresses to the Throne of grace. If thou doest thus thou needest not doubt but to have a joyful Issue of all thy present sorrows, and that, though weeping may endure with thee in the Evening, Joy shall arise in the Morning.

That thy Soul may be kept in a course of godliness, thou art to consider the great danger of relapsing into sin, and that if after thou hast been thus Enlightened, thou again fall away, thou provokest God henceforth to withdraw his gracious Spirit from thee, and suffer thee to run on in the Counsel of thy own ways, to Eternal Perdition; at least, if his Grace to thee

thee be such that he will never leave thee nor forsake thee, thou mayest forfeit all the comfort which otherwise thou mightest have had in his ways, and walk in the Bitterness of thy Soul, under Apprehensions of the Wrath of God, all the days of thy Pilgrimage, and be saved even as it were by Fire. And that thou maist be preserved from Apostatizing from God thou art desired frequently to peruse the following Directions.

Necessary Directions to live a Holy Life.

1. **E**Ndeavour above all things to get the Fear and Love of God grounded in thy heart. That on the one hand the Impression of his Tremendous Justice may deter thy Soul from hazarding upon any thing that may offend him, knowing that thou canst do nothing that can escape his Knowledge, and that his Justice is such that he will not suffer Sin and Iniquity to go unpunished: And that on the other hand his love may so draw up thy Affections to him, that there may be no room in thy heart for any thing besides him.

2. Be much meditating on his great and glorious works; as of Creation and Providence; that thou mayest therein admire

admire his Power and his Wisdom : His Power in producing so beautiful a Frame, as this of the World is, out of the Bowels of Nothing ; His wisdom in so wisely directing every thing to its end, and making all things tend to his Glory and the everlasting good of those who love and fear his name.

Above all other let thy Meditation be much upon that Wonderful Contrivance of Divine Love to rescue lost mankind from Hell and death : This above all other will melt thy heart with love to God.

3. Never repine at any Condition thou art in, but always consider that be thy Condition never so bad, it is not so bad as thy sins deserve : If it be thy lot to be suffering in this World, be much in Meditation of such Places of Scripture, as shew that Afflictions are not always a sign of Gods hatred, as this, *Every Son whom he loveth he chasteneth*, &c. But above all in the time of Affliction, make a strict examination of thy self, that thou maist find that evil out, to rectify which the Lord sent his Rod unto thee : remembring this, That Affliction springeth not from the dust : & learn by thy Afflictions to see more the Vanity of this World and the Pleasures thereof, that

that thou maist wean thy heart from it, and set it on a more enduring substance.

4. In time of prosperity be not lifted up. Remember that that state is full of Temptations. When therefore thou hast affluence of the good things of this life, improve them to Gods Glory, in feeding the Hungry, Clothing the Naked, &c. Remember that if they be not thus improv'd they will one day prove great aggravations of thy Torment. Endeavour as to thy own use of them to use such Moderation and Indifferency, that whenever it pleaseth God to take them from thee, thou mayest easily dispense with the loss of them, and mayst say with his Servant, *The Lord hath given, and the Lord hath taken, blessed be the name of the Lord.*

5. Let it be thy great work to secure that one thing needful; in the first place to take care how thou may'it please God, and be found in him in the day of thy Accounts.

6. Take no care for the things of this life (I mean no immoderate Care) knowing that he who feeds the Ravens, and Clothes the Lillies, will much more provide for thee what is necessary, if thou beest one who has resigned thy self to his Care and Providence.

7. Take heed of perfunctoriously performing.

forming the Duties of Religion, or only out of Custom, but labour to Impress a deep sense of thy own Misery upon thy Spirit, that thou maist see thy Necessity of performing them in sincerity and Truth, & thy own Inability thereto, that thou maist be more Earnest with God, that he may so mold and frame the Temper of the Heart, that the lifting up of thy hands may be as the Evening Sacrifice.

8. Be not lifted up if at any time God enlarges thy heart in Duties, but ascribe the Praise and Glory of all unto him; knowing that thou canst do nothing of thy self but further provoke him, and that until he quicken thee thy heart is dead as to any thing that is Spiritual.

9. Never go about any Duty till thou reflect a litle upon the misery of thy condition, thy unworthiness by reason of sin, and the Infinite Majesty of that God whom thou appearest before, that thou mayest approach before him with low thoughts of thy self, and with high and exalted thoughts of his great and glorious Majesty, and mayest be duly sensible of the Infinite distance that is between thee and him.

10. Hate nothing so much as sin. Look upon it as that which hath brought upon mankind all the Miseries of this life, and of that to come. Choose any suffering, even the loss of life itself before it. Make it thy great work every day to strive against it; and never to give over till thou hast at last laid it under thy Feet.

11. And that thou maist further see the Evil of it be frequent in the meditation of Hell's Torments; know sad and deplorable a Condition those poor Souls are

are now in, past all Redemption who foolishly flattered themselves in a Course of sin here, and promised to themselves peace, whereas they have nothing but destruction. Consider that they sometimes were under the same means of Grace that thou art now, and that they little deemed of so sad and dreadful a Doom, as, *Dep it from me, you workers of Iniquity.* Let the thoughts of this make thee to tremble, when thou considerest the deceitfulness of thy own Heart, and how ready thou art to step aside; Let it be a prick & Goad to move thee forward in thy duty, that thou maist work out thy Salvation in Fear and Trembling.

12. Be also now and then taking a view of the Joys of Heaven; that thou maist thereby be supported under thy Afflictions, quickened to duty, and drawn off from the Vanities of this life.

13. Consider with thy self every Morning that this may be thy last, and that before Evening thou mayst be summoned before the Righteous Tribunal of God, as also that every Evening may be thy last; that thou maist always be prepared when ever the Bridgroom cometh.

14. Let God always have the first of thy Thoughts in the Morning, and the last in the Evening; when thou first awakest, recommend thy self to God, and beg his grace to preserve and keep thee from sin the ensuing day; also in the Evening commend thy Spirit into his hands, to keep it from sin till the next Morning. And let God be frequent in thy thoughts all the day over.

15. Set a continual Watch in thy Soul against sin, that whenever its Motions seem to stir in thee, thou maist by Gods Grace kill them in the very bud. Especially beware of sins of thy Constitution and Habit; for such usually come with more violence than others, and will be ready to soyl all the Powers of thy Soul, if the Grace of God be not very strong in thee.

16. Shun all occasions of sin, look not upon any object which begets sinful lusts and desires in thy Soul;

Soul; and for that end set a strict watch at the Gates of thy senses, that thy Eyes may not look upon any lustful Object. Thy Ears may not hear any thing that is not edifying, &c.

17. Above all things shun profane & idle Company: by such thousandsofSouls have been destroyed. Let therefore thy Company be such as fear the Lord, such as are travelling towards the same Heavenly City, that ye may help and assist one another, and stir up one another by your good Example, to advance in your Journey.

18. Let no Night pass over your head without a serious Examination of your Actions the by-past day: by this means you shall come to be fully acquainted, with your Spiritual state and condition; and shall prevent a great deal of sorrow which otherwise you may bring upon you by a heedless course.

19. Have a special care of conscientiously keeping the Lords Day. Such days are as it were Publick Marts for Souls, wherein all the graces of the Spirit are proffered to Indigent Souls; on such days you should be laying in as it were your weeks Provision, that in the strength thereof your Souls may be kept in the ways of God from one week to another.

20. I shall conclude all with that Exhortation of the Apostles *Phil. 4, 5. &c.* Rejoyce in the Lord always, and again I say Rejoyce. Let your Moderation be known to all men; the Lord is at Hand. Be careful for nothing; but in every thing, by Prayer, and Supplication, with Thanksgiving, let your request be made known unto God. And the Peace of God, which passeth all Understanding, shall keep your Hearts and Minds through Christ Jesus. Finally Brethren whatsoever things are true, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any vertue, if there be any Praise, think on these things. These things which ye have learned, received, and heard, and seen in me, do; and the God of Peace shall be with you.

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